

Self Awareness Evening Talk

Your body knows your trouble-

Come and discover what its trying to say...

1. Have you ever had one cold after the other?
2. Do you want to learn how to listen to your body?
3. Would you like to take responsibility for your own body and how it feels?

This is possible to live in harmony with your body. The benefits will be that you can help your body to feel better by looking after yourself on all levels. This talk will give you a new wisdom; your own inner knowing about what your body needs.

Lis Horwich is a Metaphysical Counsellor (MSEC) and had worked as a reflexologist for 14 years as well as with other therapies.

Metaphysics means to go beyond the limited self of the individual, to the spiritual nature surrounding each of us.

Lis helps people to empower themselves by understanding what has contributed to the problem and helping to resolve it.

Come and join us on Tuesday the 16th of June at 7.30 – 9.30 pm at 25 Hinton Wood Avenue, Highcliffe, BH23 5AB.

The fee for the evening is £6 (drinks included). Bring a friend (s) and receive a 25% discount.

Call Lis now to reserve your place on **01425 280 678** or complete the form below or email lis@horwich.biz See my website: www.hintonwoodtherapies.co.uk

Don't miss it!

It could help you to change your life to a much healthier one!

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Booking Form – Self Awareness Talk 16 June 2009

Name.....

Address.....

.....**Post Code**.....

Contact Number(s).....

EMAIL.....

I would like to bookplaces, I enclose payment of £.....

(Please make cheque payable to Lis Horwich). If booking on behalf of friends please list their names and email addresses overleaf.

Post to 25 Hinton Wood Avenue, Highcliffe, Dorset, BH23 5AB