



Heal Your Life

28-29 November 2009

with Isabel Contreras

A life changing retreat workshop in a beautiful setting

Experience this powerful 2 day workshop which has been developed by [Louise L. Hay](#) and attended by thousands of people world wide.

The workshop offers you the opportunity to:

- ♥ Put balance back into your life
- ♥ Gain self confidence and self esteem
- ♥ Develop awareness of negative beliefs
- ♥ Master your emotions and free yourself from the past
- ♥ Love yourself and others more fully
- ♥ Understand your family dynamics & barriers to love
- ♥ Work with body, mind, emotions and spirit to transform your life
- ♥ Learn to work with affirmations
- ♥ Discover the joy of your creativity and become the magic of being you

The programme is based on two of the 18 best selling books by Louise L. Hay “**You can Heal Your Life**” and “**The Power is Within You**”, an internationally renowned self-development teacher and lecturer. To know more about Louise Hay visit her website www.louisehay.com.

This workshop is intended for both men and women.

Prix: chf 420.- * Lieu: Bogis Bossey Suisse * Heure: 9:30- 18:00



When we change our thinking we can change our life. [Louise L. Hay](#)



Life Motivations

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5 chemin de la Radio, route de Vireloup à Colovrex, Bellevue (Bus Z arrêt planet)



Why a retreat? A retreat workshop provides you with the unique opportunity to have a complete break from your daily activities and to concentrate 100% on transforming the life you want and deserve. For this reason I want you to think only of you and that a break from work/home friends and dear ones can have a beneficial effect that will transform your life inside out. Your loved ones and work colleagues will benefit from the new energy you will radiate. Give yourself the gift you deserve.

Who should attend: Women, men, teenagers (as from 16 years old) mothers with their children, husband and wife, friends or simply alone. Anyone who wants to change their life for a happier, healthier and wiser life. I believe that this workshop be taken by everyone as part of life management skills.

About the Course Leader:



Isabel Contreras holds a diploma in Positive Thinking Counselling and Coaching, she is a certified Neuro Linguistic Programming (NLP) practitioner, and also a Transformational Breathing facilitator. She has studied with many of today leading metaphysical teachers including Deepak Chopra, Anthony Robbins, Vera Peiffer and Brandon Bays. She is also a certified Louise Hay teacher and currently teaching the workshop leader certification training in Switzerland and France. In addition to her private practice as a counsellor, coach and therapist, she is the founder of *Life Motivations*, a Centre for Life Management Skills and Wellbeing. She is fluent in English, French and Spanish.

PROGRAMME

SATURDAY

9:30	10:00	Registration and welcome refreshments
10:00	13:00	Workshop
13:00	14:00	Lunch
14:00	16:00	Workshop
16:00	16:30	Break
16:30	18:30	Workshop

SUNDAY

10:00	11:00	Workshop
11:00	11:30	Short break
11:30	13:00	Workshop
13:00	14:00	Lunch
14:00	16:00	Workshop
16:00	16:30	Break
16:30	18:00	Workshop & Farewell

Venue: Château de Bossey

It is easy to reach the Ecumenical Institute at Bossey to to the website to find out how to get there to www.bossey.ch (click on « about Bossey » and scroll down to « visit Bossey ») by car or train from Geneva international airport, from central Geneva, and from other parts of Europe. On request, arrangements for transportation of individuals please contact the Château directly or we can find someone to give you a lift. Please contact the reception if you require further information, or if you have special needs such as arriving Friday night.

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Included in the Investment

Workshop fees (non residential): 420.- (excluding accommodation) Meals can be paid at the cafeteria)
 (Residential): 650.- (this includes Saturday night accommodation, 4 coffee and refreshment breaks, lunch and one dinner). Please make your reservation directly at the Château mentioning the Workshop.

Registration

Please register by e-mail at info@lifemotivations.ch or call us at 022 774 33 48 as soon as possible as places are limited. To confirm your reservation a non-refundable payment of CHF 100. should be made to Life Motivations postal account No. 17-473322-8 please indicate in the payment : HYL Workshop or you can pay with credit card directly at the centre or by phone.