

Stand In Your Own Power

from: Healing Matters IOM

Price: £0.00

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Description

This is a 6 week online virtual retreat. A time for you to invest in you and your wellbeing and emotional health. A safe place to peel away the layers and let them go gently to find the true authentic unapologetic you. I will then guide you to create and understand your own beliefs and celebrate who you really are. Who you were born to be. Bu investing this time in yourself you are also investing in your children, your grandchildren and all your relationships. Even your relationships with food, drink money and work may be improved. Together we can bring more colour and sunshine back into your life so you can be and do what you really want to do.



<https://www.digitalageexpo.com/classified/stand-in-your-own-power-911.html>