

Live Your Best Life

Monthly Group

Informal, fun and friendly group.

A place to learn new skills that you can apply to your life in a relaxed environment

On the last Wednesday in the month

Each month

- ❖ A guest presenter will host a personal development talk, workshop or activity
- ❖ Learn to use The Balance Procedure and other self development techniques for your own benefit
- ❖ There will be the chance to meet new people, build friendships or make contacts



Next meeting
Wed 25th February 2009
7pm to 9pm

Express By Holiday Inn, COLDHAMS PARK, NORMAN WAY
CAMBRIDGE, CB1 3LH

Guest speaker: Caroline O'Connell - The Power of Your Thoughts (and how they create your life moment by moment!) including a guided meditation

Other topics: Chakra Balancing
The Balance Procedure with colour

All welcomed - this group is open to anyone to come along

Entry £5

Future meetings

For our forthcoming groups we have The Tellington Touch in March, Angel Workshop in April and Jenny and Alan Cox will join us in June.

Live Your Best Life Team

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