

The Art of Intuition

Date: Sunday 21st June 2009

Time: 10am – 6pm

Cost: £97 (£85 if paid before 5th June)

Venue: Breast Cancer Haven

Effie Road

London, SW6 1TB

Being able to trust our intuitive guidance can have a profound effect on our career, health, relationships and every aspect of our lives.

The Art of Intuition workshop is designed to equip you with practical tools for improving your intuition and help you develop your trust in your intuitive abilities. Using easy, proven and practical techniques, you will discover how to apply intuition to your everyday needs, whether in business or in your personal life, and how to have fun with it!

This one-day course will help you to make outstanding decisions and successful changes in your life.



“I believe that intuition is our natural gift and it can help us to achieve our highest potential. All we have to do is use it.”
Gosia Gorna

What is intuition?

Intuition is a “direct knowing of something without the conscious use of reasoning”. Some people call it a gut feeling while others refer to it as a flash of insight. Intuition appears to be closely linked to psychic phenomena as it is to other activity of the mind such as creativity, decision-making and dreaming.

As Albert Einstein said: “Indeed it is not intellect but intuition which advances humanity. Intuition tells man his real purpose in this life.”

Put simply, intuition is our **natural intelligence.**

About the training

Your intuition is like a muscle: it grows stronger when you use it in a steady, healthy way. This training is all about experiencing intuition in action – getting the intuitive muscle working, and demonstrating that it can be 100% reliable with practice, so you know that you can trust it. The whole programme is designed to show you what a practical and powerful tool intuition can be. With an emphasis on the practical application of techniques and skills, this course is highly participative and will provide you with easy-to-use, tested, proven techniques that can be immediately applied in any situation.

You will be able to radically improve your decision-making and follow your gut feelings with more confidence.

Programme

- How to access your intuitive intelligence
- Feeling, hearing and seeing intuitively
- Finding your own intuitive style
- Applying intuition in decision-making
- One-minute solutions: how to choose the best option quickly
- Body intuition and intuition in healing
- Accessing people and situations intuitively and accurately
- Using intuition to help you prioritise more effectively

The Art of Intuition

Here's what a participant from a previous workshop had to say:

"Thank you for returning the gift of my intuition back to me! As an adult I largely disregarded my gut feelings, my sudden insights, but now as a result of the weekend I feel able to trust my intuition, nurture it and to learn from it for the rest of my life. What was special for me was learning new ways to access my intuition, the possibility of sharing insights with my friends and realising the importance of acknowledging myself each and every day. A brilliant workshop! Thank you with all my heart."

Anne McBride – Nurse and Alexander Technique Teacher

Comments from other participants include the following:

"My intuition has developed significantly since I completed the workshop. I use it much more and I feel it is a very powerful tool which guides and protects me."

"It was good fun and an excellent way to learn about something I always thought only a few select people had. I was amazed to find intuition there way inside me."

"It makes decision-making so easy."

"Surprisingly accurate and revealing... it was worth the money."

"Easily understandable, quick techniques. I think the approach has implications which are revolutionary."

Who would benefit from attending?

- Anyone who wants to use intuition for personal growth and change
- Professionals wishing to work more intuitively with their clients/patients
- Business people who want to gain an edge in their work
- Those who want to understand and be able to connect more deeply with their inner resources

Booking

To book please post your booking form with the payment. To download the booking form go to www.gosiagorna.com/courses.html

If you have any questions call Gosia on 020 8763 8848 or e-mail gosia@gosiagorna.com

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