

Tapping into the source of well-being

This unique event features experts sharing the wealth of knowledge on how to feel great and stay healthy on all levels. Your body is born with enormous self-healing potential and inner wisdom. During this one-off event, you will find the answers to many questions, such as:

- Where is the source of your wellbeing?
- How can you tap into it?
- How can you feel great and stay healthy?
- How can you transform your life?

Date: 3rd September 2011

Time: 10 am – 6.30pm

Cost: £89

(£69 if booked before 18th August 2011)

Address: Maria Assumpta Centre

23 Kensington Square, High Street Kensington, London, W8 5HN



Working with three experts, we will explore **three** unique and highly effective ways of tapping into our healing potential.

1. Science and research with David Hamilton

David is the author of five best-selling books including, 'How Your Mind Can Heal Your Body'. He will share up-to-date scientific research into how mind affects the body, from the impact of our thoughts and beliefs on the brain, going right down to the cellular and genetic level. He will discuss the effect of our emotions on our health and also the research into interconnectedness and how our emotions can spread from person to person.



2. The power of the heart with Gosia Gorna

Gosia is a successful transformational life coach and trainer, offering practical information and techniques on how using the power of our hearts and intuition can dramatically enhance our health and wellbeing. She will share the essence of her 20 years experience in the field of wellbeing, choosing the most effective tools for boosting immunity and feeling good. Gosia reveals what you can do on a daily basis to activate the powerful energy that is present in all of us, and in so doing, open the door to a healthier and more joyful life.



3. Your innate energy, Qigong, with Margaret Miller

Margaret will help you to tap into your own innate energy through extraordinary ancient Chinese tradition – Qigong, which has been known to help people for thousands of years to enhance health, longevity, and sense of inner peace. She will support us in the ability to feel the Qi (energy) for ourselves through rejuvenating exercises and meditation, cultivating inner stillness. Margaret has been teaching for 20 years. She practiced and trained with Chinese Qigong Master, Zhixing Wang, overcoming a life-threatening illness. Eckhart Tolle said: 'Margaret facilitates a powerful transmission of Qi, the bridge between form and formlessness.'



Booking: to book please go to: <http://www.gosiagorna.com/courses.html>

If you have any questions call Gosia on **0208 7638848** or email

gosia@gosiagorna.com | www.gosiagorna.com