

...You are warmly invited to join us on this six-month journey of exploration.

The group will be small, a maximum of eight women, and we plan to spend six Sundays together from June to October. There will be the opportunity to get to know each other and ourselves deeply. Shadow Work welcomes every part of each participant to be present in the room. As this level of welcome and acceptance builds people find that it is possible to be more and more fully themselves, even when this means exploring parts of themselves that they don't like, or that it has not previously felt safe to acknowledge.

Over the six months each woman will get an opportunity to do their own individual, in depth, facilitated pieces of work on issues that are core to them in their lives. They will be witnessed and supported in this by the whole group.

As well as the above, we will explore four fundamental parts of ourselves:

- **the part that protects and defends us**, that can say NO and set boundaries. This is the part that has the power to step out into the world and take action.

- **the part of us that is able to reflect in a detached way**. To do the deep thinking that is needed to transform our lives. This is the part of us that sees new opportunities and different perspectives and is able to transform a difficult situation in to a positive experience.

- **the part of us that has a vision for our lives**. That has healthy self esteem and wants good things for us. This is the part that nurtures and cares for us through the journey of our life and gives messages of support to us when things are hard.

- **the part of us that is open and care free**. That loves to connect with others and to be creative and spontaneous. This is also the part that enjoys nature, food and sensuality and expresses emotions freely.

The dates of the course are June 23rd, July 14th, August 4th, September 1st, September 29th and October 27th. A deposit of £95 secures your place. The balance of £300 is due on May 20th. (Alternatively it can be paid in six monthly instalments of £50.) Marianne is a fully certified and experienced Shadow Work Facilitator. Bethan is a Shadow Work Facilitator in training.

We look forward to venturing with you...