

# Enrolment for Carpe Diem Nurturing Day

This 1-day workshop is designed to provide nurturing, relaxation, stress management techniques and motivation. We will give you the tools to release negative thoughts and create a life full of motivation, acceptance, tolerance and abundance. This is your time "to seize the day" for your mind, body and soul.

**Date:** Sunday, 19<sup>th</sup> April 2015  
**Time:** 9:00am till 5:00pm  
**Venue:** Meerilinga Community Centre, 30 Chichester Drive, Woodvale  
**Cost:** \$195 for the day

Full payment is required in advance to secure your place and we must have 10 people to ensure the day goes ahead, so feel free to invite a friend too. This nurturing day will be a wonderful way for you to relax, nurture your soul and learn some wonderful techniques for relaxation and stress relief. This wonderful workshop will include:

- Stress Management & Relaxation Techniques
- Understanding the Mind / Body connection
- Group hypnosis session to handle stress
- Effective Communication – speaking your truth
- Positive Affirmations for healing, abundance and love
- Meditation and Visualisations
- Gong and crystal bowl
- How to use essential oils to create peace and harmony
- Free Aromatherapy recipes to inspire and uplift
- Workbook
- Follow up email and phone support

*To confirm your attendance please send this completed form with a \$195 payment or direct debit to the account below.*

**CHEQUE:** Please make cheques payable to **VICKI HOBBS**  
**DIRECT DEBIT:** **BSB** 016-353 **ACCOUNT** 4895 98502  
**NAME:** PHOENIX THERAPIES  
**DESCRIPTION / DETAILS – PUT YOUR NAME**  
**CREDIT CARD:** Call Vicki on (08) 9303 9111 for credit card transactions

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