



Awaken In

# Creating a life of Purpose & Happiness 6-week Personal Transformation

A self-empowerment program supporting the

“achievement of both lasting spiritual and material fulfilment true prosperity”.

## Do you want to?

- ❖ Live with abundance in material & spiritual wealth
- ❖ Have more meaning in your life & realise your unique purpose for being here
- ❖ Learn tools & techniques for dealing with life's challenges, recognise & remove life blocks
- ❖ Tap into your own intuitive guidance & trust yourself for creating more personal peace & happiness

If your answer is ‘yes’ to any of these questions...This program is designed for you. It is open to everyone men, women, professionals and parents wanting to enrich their lives and to live with greater meaning and purpose. Discover why you are here and learn how to live life in alignment with the truth of who you are. It is a unique and practical program which draws on the ancient teachings of yoga philosophy (*no yoga postures are included*) with modern day psychology insight. Creating a life or purpose and happiness is based on the work of my teacher of 7 years, Rod Stryker; a teacher of yoga and self-awareness for 30 years and founder of the school of Para yoga.

## What's Included?

- ❖ A copy of the Four Desires Book by Rod Stryker, Two meditation CD's, workbook for the course, nutritious lunches for all meetings, guidance in person and phone support for 6 weeks

## For bookings & inquiries?

- ❖ Call us on 0439007999 or email us [info@awakenin.com.au](mailto:info@awakenin.com.au)

## Investment

- ❖ \$495 per person or two people enrol discount of \$50 pp. Payment by pay pal or direct bank transfer. Non-refundable deposit upon enrolment of \$200. Balance due one week after course start date.

## Course details

- ❖ **Start date: July 1st 2017 for 6 weeks on Saturdays 9am-4pm** (lunches included) some outside course work. We are located at Awaken In Yoga studio – 4 Turpin road, Chirn Park. (come through the gate and park; studio located at the back)
- ❖ **Facilitator Kel Green M.A, RYT 500** Kel uses the ancient teachings of yoga, modern psychology and life experience for creating an awareness of the power within each and every one of us to transform our lives for the better.

*“If your life is not what you want it to be, you have the power to transform it...Your journey can be one of self-discovery and personal growth or emotional or physical healing, but it begins the moment you're ready” Kel Green – Director Awaken In*

*For more information find us on facebook at Awaken In & Awaken In Transformational Yoga.*



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