



PEACE & HAPPINESS GROUP

***Meeting each Thursday**

This group will be led by Insight Facilitator Jacqui Luff.

Sessions will vary and may incorporate any or all of the following: learning how to question our self-limiting beliefs, creative visualisation, guided meditations and discussions around these topics.

This group could be for you if you:

- are experiencing grief or loss, relationship issues, work issues, body issues, feel that you are not good enough, or anything else that you consider to be a problem
- simply wish to go “deeper within” and learn ways to connect with your inner peace and true nature.

Learn how to live a more fulfilling, happy & peaceful life.

For more information or to reserve your place, contact Jacqui on 0468 455 751 or e-mail: info@insightfacilitation.com.au
Bookings are preferred, but not essential.

www.insightfacilitation.com.au

Learn how to relax
your mind by
questioning your
stressful beliefs

Improve your
relationships –
both personal &
professional

Empower yourself
through gaining
insight &
awareness

Guided meditation

Meet like-minded
people

INSIGHT FACILITATION

The Gaea Centre
156 Vincent St
North Perth

*Thursdays, 10 to 11.30am

Cost: \$20

**unless stated otherwise
on website.*