

What will you  
do with your  
one, wild,  
precious life?

Mary Oliver, Poet

**Inspiring workshops  
to help you get more from your life  
at Elvey Farm, Pluckley  
and Bloomsburys, Biddenden**

See over for details >

Do you know what you want? Is life just passing you by?  
In this positive and inspiring workshop, you'll explore and use the power of your imagination to create more of what you want for yourself and your life.

## > Visualisation Workshop

Using proven and powerful creative visualisation techniques, you'll do this in a relaxed way and begin to take steps to move towards that. This is for you if you don't know what you want, are looking to make changes, feel stuck or just know that this isn't how you want it to be. This is a very positive workshop and can be the start of some very special changes.

*'I was unsure what to expect but was amazed how much the exercises helped me to understand how I really felt about my situation deep down. From this it became clear to me what was important, and with Yvonne's help, I was able to start taking action to change it.'*

Elizabeth Whittaker, Civil Servant, January 2011

*'This workshop had a huge effect on the development of my future, it was a big step forward and very positive. Today, I am thrilled, everything I hoped for is becoming my new reality. I can't believe it.'*

Suzie Martin, Marketing Manager, Jul 2011

> **Tuesday 17 April / 11-3pm / Elvey Farm, Pluckley**

> **Tuesday 24 April / 6-10pm / Bloomsburys, Biddenden**

> **Tuesday 15 May / 11-3pm / Elvey Farm, Pluckley**

> **Tuesday 22 May / 6-10pm / Bloomsburys, Biddenden**

Yvonne Fernando is a NLP Master Practitioner & Life Coach who works with adults and children to make positive changes that allow you to live a more fulfilled life.

---

The workshops take place in relaxing locations. Groups are small and supportive. Numbers limited to 8 people per workshop. Full details supplied on booking. Cost £75 per head (including light refreshments)

**Contact Yvonne on 07968 785714 to book a place or if you have any questions. One to One, family and group workshops also available.**