

NEW BEGINNINGS

1-3 October 2004
Winchester

Is your world working the way you want it to? Come and create the life *you* want!

If you want to get more out of life but don't know where to start, New Beginnings is the chance you've been waiting for. This weekend workshop is a valuable opportunity to discover how to fulfil your life's purpose.

PERSONAL KNOWLEDGE LEADS TO POWER – THE POWER TO DIRECT YOUR OWN DESTINY.

We will be using tools such as Conscious Connected Breathing, Visualisation and Affirmations to help clear anything which is preventing you from fulfilling your true potential.

What is Conscious Breathwork?

This simple breathing technique combined with supportive thoughts, such as affirmations, will encourage relaxation and dissolve tensions in the body and mind.

The breathing we use is gentle, deep and connected in a rhythm which is natural and unique for each person. The breathing cycle increases the energy in the body in the same way as physical exercise, however since the physical body is deeply relaxed the energy supports and motivates changes on different levels of your being.

Why use Conscious Breathwork?

The way we breathe is a reflection of the way we live—if we can motivate more healthy breathing patterns then a more healthy life in general will be achieved. Conscious breathwork results in shifts within the self, leading to increased health, relaxation and personal understanding of Inner and Outer worlds. It can produce positive and lasting changes in your life through supporting a relaxed, aware and receptive state of mind.

Other techniques such as Visualisation and Positive Affirmations support changes which occur through use of Conscious Breathwork. These high quality thoughts empower the individual to move to a deeper understanding of circumstances in their life.

NEW BEGINNINGS IS EXPERIENTIAL, SAFE, LOTS OF FUN AND NOT TO BE MISSED

So, how will this workshop support you?

If you have ever faced challenges with...

- Relationships - personal / family
- Work and Career
- Personal Confidence
- Creative Self-expression
- Money & Prosperity
- Changes in Life Direction
- Stress or Emotional Trauma
- Physical Disharmony
- Spiritual Crisis

...then you would benefit from attending our course! You will meet people with similar experiences and gain a wider perspective through interacting with others.

Our participants say...

"...If you really want to discover who you are and how to be truly transformed, The Artemis Foundation courses and groups are of the utmost excellence... I would recommend them to anyone." Debbie Amas -Social Worker, 2003

"...I was surrounded by people who believed in me, respected me and allowed me to be me – what a beautiful gift." Vicky Garratt - Artist, 2004

WORKSHOP LEADERS

Natalia Bennett is experienced in working with a wide range of people through introductory talks in Conscious Breathwork, leading professional training modules and workshops. She creates a safe and supportive space through personal integrity and profound honesty. Natalia is known for her quick humour and sense of fun. She runs a successful private practice in Dorset.

Dorota Godby's background is in language, education and multi-cultural groups. She has been a breathwork therapist for the last three years, and is a warm, inspiring and imaginative workshop leader. She can see deeply into other people's experience showing empathy, expertise and practical wisdom.

Natalia and Dorota are both professionally trained, and are accredited through the British Rebirth Society (the governing body for breathwork in the UK). Their styles complement each other and ensure an excellent environment for personal change to take place.

THE ARTEMIS FOUNDATION

The Artemis Foundation is a Dorset based organisation for workshops, courses, and training. We specialise in Conscious Breathwork and Drama, Dance and Voice Therapy.

The Foundation works towards allowing the individual to feel the power of full creative expression, while experiencing more personal freedom and passion. We use a dynamic process of healing and self-empowerment, incorporating ancient and new wisdom. Our trainers focus on the power of breath to balance body, mind, spirit and emotions.

For details on the courses we offer, call the number below for a brochure.

THE ARTEMIS FOUNDATION

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