

PURPLE POWER

A Workshop for Women Celebrating the Wisdom that comes with Age

Saturday 22 July 2017 - 10 00 am until 6 00 pm

Sunday 23 July 2017 – 9 30 am until 5 30 pm

- Are you approaching the menopause, in the midst of it or through to the other side?
- Would you like to have time and support to reflect on who you are now as a woman as you move towards the wisdom of your later years?

This is the one of the biggest transitions of women's lives. A time when you can choose to become the woman that you were meant to be and finally understanding the true reason that you are here on this earth.

Open your heart to all that you have experienced and learnt during your menstrual years and use the wisdom of your womb to unravel the patterns of your life to find out what you really need to be doing during this important time of your life. Say No to cynicism and bitterness and a BIG Yes to compassion and gratitude. Wise Women don't moan about their lives. Wise Women know that they are the orchestrator in their own life story and now is the time to stand at the crossroads and choose the life that you deserve.

WHAT LOUISE SAYS ABOUT THIS WORKSHOP: This weekend is the result of my struggles and explorations over the last 20 years. My own journey with the stress of menopause, changes in my body, questioning who I am as a woman, lack of sexual energy and more. Finally learning to love myself deeply and be with the ebb and flow of my feelings, trusting the power of my Intuition. And discovering the purpose of this third season of my life. I have distilled all my learnings into this weekend of Purple Power using potent but simple exercises to help you find your way through the menopause maze and find your own unique and innate purpose.

The cost for the weekend is £160 (£135 if booked before the 30 June 2017). This includes delicious food with oodles of Heart provided by www.carolinacooksforyou.com. We meet at Abington Barns a beautiful and secluded venue on the outskirts of Cambridge. Call me on 07999 842905 for more information or email me at ldcaux@btinternet.com with 'Purple Power' as the subject line and I will get back to you by return.



Louise is a coach, counsellor and workshop facilitator, HeartMath Coach, Certified Red Tent Activator, Licensed Art of Being teacher and member of the School of Being. She runs workshops and has a coaching practice to inspire women who are at a crossroads in their lives and are looking for some help and support to find their direction and fly. Louise brings a deceptively simple and playful presence to all of her work.
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