

Living from the Heart

27th Jan 2-5pm

£30



“They say there is a window from one heart to another. How can there be a window where no wall remains...” Rumi

The aim is to build a safe, warm and creative space to explore emotions and to learn to trust and open to love in our daily lives. It can be a challenge, amidst the change and potential discomfort of day-to-day existence.

In this afternoon I will be sharing EFT combined with NVC and heart opening meditations to assist us in connecting more deeply with ourselves, in order to connect more deeply and fully with others and the world. We will begin with some EFT to acknowledge with compassion any emotion that is preventing us being in the heart in the moment, to assist us in becoming more whole and meeting and releasing these emotions. We will then move onto incorporating some NVC principles (Non-Violent Communication or Compassionate Communication) to consider the way we understand our conflicts with ourselves and others, and the way we communicate about them. Finally move onto meditation of dwelling in the natural open heart. Tapping will be included through much of the afternoon.

All practices which can help us to navigate tough times with the deep courage that comes from an open heart. As well as practices to build a heart that's ready enough to really enjoy and celebrate the good times with gratitude. Nurture yourself with this workshop, to assist you in bringing more love into your life, and to your friends, family and clients.

Feedback from participants who attending a Living from the Heart Retreat I co- ran last year:

'Thanks for a special weekend, I enjoyed the heart meditations, poetry, location, group, food, massage, mindfulness in garden, yoga... all of it! I feel strong, happy and raring to go. An absolute credit to you both for creating a beautiful weekend' J, Sheffield

'It felt so easy to be yourself' A, Nottingham

'All the lovely people were great to be around and get to know' J, Chesterfield

'Thank you so much for your kind hearts and compassion, I loved the way you cared from the group so much, for each of us' S, London

EFT Community Gathering York- Living from the Heart Workshop Fri 27th Jan
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