



## Seven Steps Spiritual Empowerment

March 9 – 16

In stunning seaside setting

With Chrissie Astell and Naomi Duffield

Join two renowned and fun spiritual teachers for seven days of inspiring workshops and meditations in one of the most beautiful locations in the UK.

**Raise your consciousness , Expand your compassion, Deepen your practice  
Initiate your training as a Spiritual Mentor and Facilitator  
So that you can inspire others too.**

We have entered a time of crisis. Old systems and structures are not sustainable. For humanity to enter the next era we need to shift to a higher spiritual consciousness. This workshop empowers you to make this shift and also enables you to support others in making this shift.

- align yourself with higher consciousness
- let go or re-jig old patterns
- Have deep soul to soul conversations and make new spiritual buddies
- Explore and implement new methods for healing old wounds
- Take home practical strategies, skills. meditations and exercises for immediate use
- Learn how to hold and support others in 'shifting' using a psychospiritual approach
- Spend time communing with the gorgeous natural surround
- Chill and revitalise
- Co-create a powerful group ceremony

For those who feel called to inspire and support others in making this shift, completing Seven Steps to Spiritual Empowerment grandparents you on to the fast track Spiritual Mentor training in October 2020 and the Spiritual Group Facilitation training .



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## Chrissie Astell



Chrissie Astell is one of the UK's best-loved spiritual educators and angel experts. Following a visionary angelic experience in 1997, she is the author of five books, most recently *Seven Steps Into Angel Light* (Watkins 2017). Through her writing and teachings and through her inspirational charisma and exceptional skill as a heart-centred facilitator, she has brought thousands of people into closer relationship with their spiritual guardians, healing energies and universal love.

## Naomi Duffield



Naomi Duffield is a Spiritual Educator and Psychospiritual Counsellor. Following a career as a Montessori teacher, she trained as a psychospiritual therapist and teacher, setting up the Shekinah School of Psychospiritual Training, the Spiritual Education Programme at Mangreen Trust before returning to Dorset to launch Swanage Retreats. Following her own healing from childhood trauma, her passion is to integrate psychological depth work and spiritual growth.

**Investment** £1,200 - £1,500 depending on room type (single seaview is more than shared non-seaview - details on application), to include a delicious arrival dinner, renowned Bella Vista breakfasts, home-made yummy lunches and goodies. We wanted to give you some relaxation time in the evening when you can either enjoy social time in the many amazing eateries in Swanage or retreat quietly to your room. Bursaries for low waged available apply [naomi@swanageretreats.co.uk](mailto:naomi@swanageretreats.co.uk)



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