



**\*Secret ingredient of your wellbeing\***  
**‘Your Spiritual Health’**  
**Enhance your health and wellbeing from the inside out**

**Taster Session: £5**

As part of the national launch of ‘Your Spiritual Health Programme’  
You are warmly invited to a taster presentation afternoon, offered at cost £5

**Led by Naomi Duffield**  
BA Hons, SC, Dip psychospiritual psychotherapy  
Spiritual Companion Educator, Spiritual Health Mentor and Psychospiritual Therapist

**at The Mowlem, Shore Road, Swanage BH19 1DD**  
**Time: Sunday 31<sup>st</sup> March 2pm - 5pm**

- **Spiritual Connection:** Discover your own best way to connect with the natural and empowering wonder of life.
- **Spiritual Growth:** Develop compassion, consciousness and peace of mind.
- **Spiritual Service:** Live a life of purpose and positive contribution, according to your highest value.
- **Spiritual Health:** Experience a short guided relaxation that can shift anxiety to calm and which you can put into practice any time

Receive a free copy of the inspiring Your Spiritual Health Programme, the outcome of a decade’s careful research by leading experts.

**Learn about upcoming 12 week Spiritual Health Programme, one to one work and Spiritual Health Mentor training.**

*Grounded in reliable physiology and psychology ‘Your Spiritual Health Programme’ is relevant to all those involved in health care. — Professor David Peters MD, Clinical Director, Centre for Resilience, Westminster University. For more information and a free PDF of the whole programme and audio resources: [www.yourspiritualhealth.org](http://www.yourspiritualhealth.org)*

**TO REGISTER FOR TASTER**

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