



Swanage Retreats Stand and Workshop at Lighthouse Holistic Festival: Dorset's Health and Well Being Experience - Poole Feb 9/10

I am delighted to let you know that I have a stand and workshop at the fabulous Lighthouse Holistic Festival: Dorset's Health and Well Being Experience in Poole on Feb 9/10.

Come visit me and find out more about

- Swanage Retreats
- One to one psychospiritual counselling and coaching
- Spiritual Health Programme
- Spiritual Companions
- Diploma in Practical Spirituality and Wellness (L3 Crossfields accredited)
- Train to be a Spiritual Companion – supporting others in their spiritual health

I will also be running a Spiritual Health workshop.

Our spiritual health programme promotes spiritual health which enhances your physical emotional and mental wellbeing. The 21st century has seen a proliferation of evidence of the mind, body spirit connection and holistic approach. Spiritual health is often the missing component and through the spiritual health programme we explore how you can

- Enhance your sense of meaning and purpose
- Develop a spiritual practice that works for you, giving you a greater sense of inner peace from which you can manage your emotions, healing and your life.
- Lifestyle practices that give you joy and health
- A community of like minded people
- Be true to your calling

From my work over the last couple of decades in counselling, one thing I have seen so many times is that at the core of peoples sense of 'low', in whatever form, is a spiritual ennui. Ignite the spiritual and you ignite the fountain of healing.

At the heart of the spiritual health programme are 3 crucial elements and I will explore and give an exercise on each of these three elements in my workshop.

- Spiritual connection - your natural connection with the wonder and energy of life
- Spiritual growth - development of consciousness, through the challenges of life.
- Spiritual Care - caring for others with compassion, while aware of their pain

This workshop also serves as a taster to the Spiritual Companion Training through the Diploma in Practical Spirituality and Wellness.