



# Heal Your Life

27-28 November 2010

with Isabel Contreras

## A life changing retreat workshop in a beautiful setting

Experience this powerful 2 day workshop which has been developed by [Louise L. Hay](http://www.louisehay.com) and attended by thousands of people world wide.

The workshop offers you the opportunity to:

- ♥ Put balance back into your life
- ♥ Gain self confidence and self esteem
- ♥ Develop awareness of negative beliefs
- ♥ Master your emotions and free yourself from the past
- ♥ Love yourself and others more fully
- ♥ Understand your family dynamics & barriers to love
- ♥ Work with body, mind, emotions and spirit to transform your life
- ♥ Learn to work with affirmations
- ♥ Discover the joy of your creativity and become the magic of being you

The programme is based on two of the 18 best selling books by Louise L. Hay **Í You can Heal Your LifeÍ** and **Í The Power is Within YouÍ**, an internationally renowned self-development teacher and lecturer. To know more about Louise Hay visit her website [www.louisehay.com](http://www.louisehay.com).

This workshop is intended for both men and women.

Price: chf 430.- \* Place: Life Motivations \* Hour: 9:30- 18:30



*When we change our thinking we can change our life. [Louise L. Hay](http://www.louisehay.com)*



**Life Motivations**

[www.lifemotivations.ch](http://www.lifemotivations.ch)—[www.isabelcontreras.com](http://www.isabelcontreras.com)—[info@lifemotivations.ch](mailto:info@lifemotivations.ch)— **022 774 33 48**  
5 chemin de la Radio, route de Vireloup à Colovrex, Bellevue (Bus Z arrêt planet)

# At Life Motivations Centre

**Who should attend:** Women, men, teenagers (as from 16 years old) mothers with their children, husband and wife, friends or simply alone. Anyone who wants to change their life for a happier, healthier and wiser life. I believe that this workshop be taken by everyone as part of life's management skills.



## About the Course Leader:

Isabel Contreras holds a diploma in Positive Thinking Counselling and Coaching, she is a certified Neuro Linguistic Programming (NLP) practitioner, and also a Transformational Breathing facilitator. She has studied with many of today's leading metaphysical teachers including Deepak Chopra, Anthony Robbins, Vera Peiffer and Brandon Bays. She is also a certified Louise Hay teacher and currently teaching the workshop leader certification training in Switzerland and France. In addition to her private practice as a counsellor, coach and therapist, she is the founder of *Life Motivations*, a Centre for Life Management Skills and Wellbeing. She is fluent in English, French and Spanish.

## PROGRAMME

### SATURDAY

9:30 ó 10:00	Registration and welcome refreshments
10:00 ó 13:00	Workshop
13:00 ó 14:00	Lunch
14:00 ó 16:00	Workshop
16:00 ó 16:30	Break
16:30 ó 18:30	Workshop

### SUNDAY

10:00 ó 13:00	Workshop with short break
13:00 ó 14:00	Lunch
14:00 ó 16:00	Workshop
16:00 ó 16:30	Break
16:30 ó 18:30	Workshop

## Venue: Life Motivations Centre

**A) From Place des Nations:** 1. Follow Route de Ferney, passing the Intercontinental hotel. 2. In Gd-Saconnex, 1.7 km from ONU, turn right at traffic lights (direction Collex, Colovrex, Chambésy, Prégny). 3. At roundabout (at HERTZ car rental), continue direction Collex for another 1.8 km to Colovrex. 4. Just after the Colovrex signpost, make a sharp right turn onto Chemin de la Radio (opposite bus Z stop -Planetø). 5. Drive 50 m and turn left (white house) and park in the rear of building. Life Motivations is at back entrance

**B) From Motorway : Coming From Lausanne:** 1. When approaching Geneva, follow signs for Airport/France and take the Ferney/Gd-Saconnex exit (N°7 exit). 2. Go straight through traffic lights and follow directions for Collex for 2km to Colovrex. Then same as A 4-5.

**Coming From Airport:** 1. Take the Ferney/Gd-Saconnex exit (N°7 exit). 2. At roundabout, follow directions for Ferney 3. At first traffic lights, turn right and after 0,6km, at next traffic lights, continue direction Collex for another 1,4km to Colovrex. Then same as A 4-5. **Or take the Z Bus, and get off at stop PLANET.**

## Included in the Investment

Workshop fees : 430.- You can bring your own lunch or order from our caterer  
Accommodation: (If you wish accommodation arrangements please let me know so that we can help you find a suitable place near  
Life Motivations Centre.)

## Registration

Please register by e-mail at [info@lifemotivations.ch](mailto:info@lifemotivations.ch) or call us at 022 774 33 48 as soon as possible as places are limited. To confirm your reservation a non-refundable payment of CHF 100.6 should be made to Life Motivationsø postal account No. 17-473322-8 please indicate in the payment : HYL Workshop or you can pay with credit card directly at the centre or by phone.