



# Swanage Retreats

---

Nourishing Heart and Soul

## Nourish - Introduction to Practical Spirituality and Wellness

Wellbeing practices for mind, body, heart and soul

This six week programme has been designed to boost your whole health and wellbeing and is valuable for anyone, regardless of age, background or faith. This is great for personal growth and also serves as an introduction to the Diploma Course. CPD available.

1. The science of wellbeing - how to manage your mood
2. Care of the Soul - filling the inner void
3. Centered Living - who is in control: you or your emotions
4. Nourish your body - are you feeding your body or your feelings
5. Personal Growth - developing consciousness and compassion
6. Living your destiny - making the positive contribution that is yours to make

This course will run at Bella Vista, 14 Burlington Road, Swanage BH19 1LS from Thursday 2nd November to Wednesday 17th December from 7.15 - 9.15pm at a cost of £45 plus £5 for the course book, refreshments from 7pm.

It will be facilitated by Spiritual Companion Educator, Naomi Duffield.