

# Life in Balance

**Develop a personal philosophy  
to be the best you can be**

with *Suzanne Marbrook*

Author of *Meditations for Tranquillity*

**3-5 March 2006**



**Radical good health and spiritual awareness coincide with positive mental calm and inner peace. The course at the beautiful Mana Retreat is designed with that in mind.**

The course will include:

Synchronicity of mind body spirit to give a clear sense of perception.

Energy & chakra balancing exercises

Deep relaxation in the Tara Sanctuary

Problem solving exercises for day to day living.

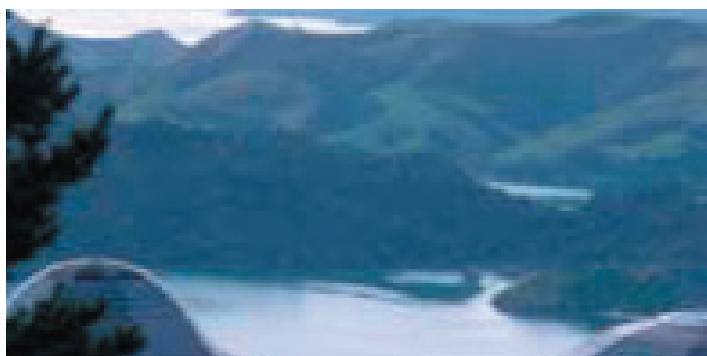
Unlocking creativity. - Stress management

Meditation walks through the beautiful grounds. Fun and laughter.

Set the stage towards reaching your own true potential to be the best you can be.

Suzanne is a certified non-directive hypnotherapist and Neuro-linguistic practitioner. NLP (Esalen Institute California ). She trained with the National Federation of Spiritual Healers in London. For the past 18 years she has working as an international holistic therapist.

Fees: \$320.00 - starts 5:00pm Friday with dinner, finishing 3pm Sunday.  
Price includes: All delicious vegetarian organic meals, comfortable twin shared accommodations, plus all course materials.



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