



Psychosynthesis Cornwall

The Journey Begins

Finding our unique voice

2nd and 3rd September 2017

9.30 – 16.30

Facilitated by Theo Dijkman and Jessica Nelson

This unique and stimulating workshop has at its core the principles and techniques of psychosynthesis, a psycho-spiritual psychology. Psychosynthesis considers the difficulties in life not purely as problems to be solved but as stirrings at the level of our soul calling us to be the person we are meant to be.

There are times in our lives when we may struggle in our personal or professional relationships and feel we have lost the sense of who we are. The ripples that disturb life, the blunders we make, the chaos we experience around us may offer openings to a new destiny, a call to pass a threshold into a new understanding of both ourselves and the world we live in.

This weekend workshop offers participants an opportunity to explore and connect to their inner wisdom which can be a source of guidance and direction in times of turmoil and uncertainty. Over the two days we will use guided imagery, meditation, creativity and dialogue to explore what gives meaning in life. This weekend is part of a programme of workshops bringing key concepts of psychosynthesis to a wider audience.

Venue: Mount Pleasant Ecopark, Porthtowan

Cost: £ 150.00 including Lunch and Refreshments

Theo Dijkman MA UKCP reg. psychotherapist, supervisor and organisational consultant.

Jessica Nelson MA UKCP reg. psychotherapist, supervisor and writer.

For booking and more information contact

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Or

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See also www.psychosynthesisScotland.com for more information or visit the [psychosynthesisScotland Facebook page](#).