



Workshop Grounding, Protecting and Celebrating with Mirjam Janse

Saturday, March 16, 2019, from 13.00 till 16.00 pm

Centrum voor vrijer leven, Hyacintenlaan 2, 2182 DE Hillegom

What

Focus on the most essential and significant thing one can do for himself to remain healthy, optimistic and protected! And that is grounding!

Why

Being grounded has a profound influence on your wellbeing. It affects your overall health, your ability to coop with whatever you are confronted with and helps you find inner peace. Grounding helps you finding a better balance, emotionally and physically. It's the door to alignment. Do you know what keeps yourself from grounding?

How

You learn to ground and protect yourself better. How do you keep yourself from grounding? We do some practical exercises and exchange experiences. Mirjam will observe the changes in your energy field while you ground and use her gifts to give you specific advice and assist you in finding your personal equilibrium. A list of pointers you can take with you afterward.

Whom

For anyone who is looking for balance and health and a good mood. For artists, caretakers, managers and florists. Anyone who is looking for more freedom and independence in his life!

The exchange is 55 euros p.p., including a hand-out, coffee, and tea.
Register by email to mail@mirjamjanse.com.
The location in Hillegom is easy to reach by car and by bus. More information and directions will be sent to you by mail.
Any questions? Feel free to call. 06 26 132 972

Mirjam Janse is Transformational Coach, Inspirational Speaker, Claircognizant and Visual Artist. In her work, she assists people in recognizing the Intention of their Soul.

Mirjam Janse
06 26 132 972
mail@mirjamjanse.com

www.mirjamjanse.com

