

Lifestyle Journeys presents

The Great Mind-Body-Spirit Big Day Out

Programme for the day:

9.00am-9.15am

Introduction and Opening Meditation

9.15am-10.00am

"Past Lives" and their Direct Connection to this Life

Presented by Sharon Breslin

Sharon will take you on a magical journey as she shares tales of her adventures through mystical ancient lands. She will show you how life-changing it can be by spending time with like-minded souls at sacred sites and participating in, or learning about the "Power of Ceremony. Why – when you step back onto land where you have had a "Past Life" it can be so healing.

This can also be experienced much closer to home when working with an intuitive healer and/or past life practitioner. Sharon shares real life cases showing you how you can shift and release long held blockages within your DNA as you reconnect to your past which in turn allows you to fast-track your spiritual growth and overall wellbeing. She believes "Transformation" takes place on the inside and moves through to our outer existence.

An avid story-teller, once started you could easily find her getting slightly off the beaten track (just like her travels) and improvising with a tale or two.



Intuitive Healer, Author, Owner/Tour Guide with Lifestyle Journeys, MTIA with the Interior Alignment School of Feng Shui.

www.sharonbreslin.com
www.lifestylejourneys.com
www.fengshuispaces.com

10.00am-10.45am

Become the Leader of your Life – Change your Mindset and take back your Personal Power

Presented by Nancy Barclay

How many of us feel that life lives us, that we have no choice? How many of us wonder "Who am I, and what am I here for?" How many of us really want to let go all that holds us back from living the life we really want, but don't know where to begin?

Nancy Barclay, teacher and life coach, shares her real life journey as she reshaped her world and regained her own personal power, becoming the leader of her life and discovering how to be true to her needs without negatively affecting others. She teaches how to let go what no longer serves you and how to step into your true potential using simple techniques and ways of adjusting your patterns of thinking. Nancy believes that when we take responsibility for our personal happiness, we take back our power.

Be inspired, motivated and challenged as Nancy shares insights and wisdom, describing herself as a 'sign post' showing the way for better living – making a good life, a great life.

Nancy has spent the past 9 years enthusiastically researching, and eventually writing and teaching her own courses in philosophy, self exploration and the mind, body and soul connection. She also paints, sells art and sculptures and teaches from her art and living studio in Eastbourne, Lower Hutt.



www.artandliving.co.nz

10.45am-11.15am

Morning tea

11.15am-12.00 noon

"Feng Shui" – Learn Magical Ways to Spring Clean your Home so as you can Manifest your Dreams

Presented by Rosemary Nelson

So much of who we are can be traced right back to your home and how we live. Let's journey through your living spaces and see why the relevance of seasonal change is a powerful way to add that sparkle to your life.

Rosemary is a Feng Shui practitioner and has also worked as a landscape designer for 30 years and during this time has gained a clear understanding and love of working with existing earth's cycles and patterns.

Rosemary believes that adding this layer of cooperating with nature provides a powerful dynamic in the 21st century age we live in. The need to be recharged, connected and supported by our environment is vital not only for our health but this awareness enriches our homes and creates a sense of belonging to your living habitat.



www.equate.net.nz

12.00 noon-12.45pm

Stress, Menopause and the Weight-Loss Connection

Presented by Bev Short

Stress is an unavoidable part of our daily lives but learning how to manage it is another matter altogether. Are you tired of being tired and tired of being taken for granted? Do you suffer from sleepless nights, crazy days and struggle with menopausal symptoms and weight gain which you just can't shift? In this session you will learn what happens to your body when you're over 40 and how you can combat stress to regain your natural glow and radiance and fit back into your old clothes.

Bev Short is a Certified Food and Nutrition Coach, Qualified Personal Trainer and Certified Menofitness Trainer with 4 years experience of working with menopausal aged women who long to lose weight, get fit and healthy and feel confident in their own skin – all by natural methods of food and exercise.

An ex-professional photographer, she began her own life change of weight loss and fitness back in 2011 and left photography behind to embark on a new career in the health and fitness industry to help women, such as herself, feel good about themselves again. Her favourite saying is: "Knowledge is power!"



www.fitnessforwomen.co.nz

12.45pm-1.45pm

Lunch break

1.45pm-2.45pm

Self-Hypnosis and ANYTHING!! – Think it... be it!

Presented by Sharon McArdle

Sounds simple right? Well that's because it is. Things do not need to be difficult or complicated to achieve the results we are looking for. Everything we need, we already have, ready and waiting to be switched on. Sharon will help you to activate an "Empowering and Motivating Mind-set" to enable your desired change. All hypnosis is self-hypnosis. Sharon will walk you through a selection of techniques that will allow you to access even more of that magic you contain within. Dream – Believe – Be!

Sharon practises as a Hypnotherapist, NLP Practitioner, Psychic Medium, Energy Healer, Access Bars® Practitioner and Hot Stone Massage Therapy. Life Guidance with [sharon@innerspark](mailto:sharon@innerspark.co.nz) – ignite your potential.



www.innerspark.co.nz

2.30pm-3.15pm

The Real Purpose and Power of Astrology

Presented by Linda George

Do the planets really have an influence over us? And if they do – why do they? And how can knowing about our astrology help us? What is the point?

In this session Linda will talk about the reason astrology works and why having an understanding of our unique astrological make-up can help us live on purpose, rather than by default.

The universe clearly had a purpose in mind when it gave us the birth chart we have. Our birth chart tells the story of who we are, what we have brought into this life with us from our former incarnations and it offers suggestions as to how we can live more authentically. We live authentically when we are true to our nature. Astrology, with its symbolic language, describes that nature. It tells us who we really are. This is the real purpose and power of astrology.

Linda has been practising astrology for over 25 years. She is a mother of four, a yoga teacher and the author of two books, one on conscious relationships, the other on astrology and relationships. She is, over and above that, a student of consciousness – having been 'on the quest' of the higher philosophy, metaphysics, comparative religion and all forms of 'alternative' healing – for mind, body and soul, since her teens.



www.lindageorgeastrology.com

3.15pm-3.45pm

Afternoon tea

3.45pm-4.30pm

Learn how to Lift your Vibration and Tune into Spirit

Presented by Karen Odell

Have you recently been asking yourself "There must be more to life? You know there is but you can't quite fathom it? Rest assured, you are awakening to your true purpose. Well where to from here?

Karen will show you with simple techniques and tools how to lift your vibration so as you can tune into yourself and find the answers. This will be done through learning how to work with Quantum Crystals, Quantum Physics and how these modalities enhance the frequencies and can shift energy within minutes. Learn how the "Meditation Garden" she has discovered on her own sacred land, with three Angel Vortices, can assist in aligning you to your true purpose.

She will also demonstrate her own unique gifts and ways in which you can learn to connect to your intuition, and inner skills to develop your own psychic ability.

Karen has practised as a Medium, Clairvoyant, Intuitive Healer and Quantum Physics Healer for well over 26 years.



www.isis4u.co.nz

4.30pm-4.45pm

Closing Meditation

Come and share a day filled with Love, Laughter and Light!



RSVP: Phone or email Wendy Sheedy to book your ticket
Phone: 027 533 0954 | email: wendy@lifestylejourneys.co.nz

www.lifestylejourneys.com