

Expression of Interest:

Name: _____

Address: _____

Phone: _____

Email: _____

Signature: _____

What do I need to bring to the session?

Just yourself, \$5 and a water bottle, and an open attitude to try out new things in the safety and intimacy of a small group of 6-8 people.

You will not be required to talk in front of the group, and we work hard to ensure your comfort in the group at all times.

Nikki is a skilled facilitator who will help you use a fun yet very SIMPLE technique to enable you to find your own inner wisdom and get the beliefs you no longer want, to let go of you!

**Free yourself from
limiting beliefs TODAY**

Contact:

Nikki Ward

0417 435 029

Email:

wardnicolette@icloud.com

Bookings Essential

Class Fee: \$5

**All proceeds go to
families in need.**

**See 'Belief Busters'
on Facebook**



Belief Busters

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**Logan East Community
Neighbourhood Centre**



SESSIONS

*Please Arrive 10 Minutes Early
Age Appropriate: 10 years +*

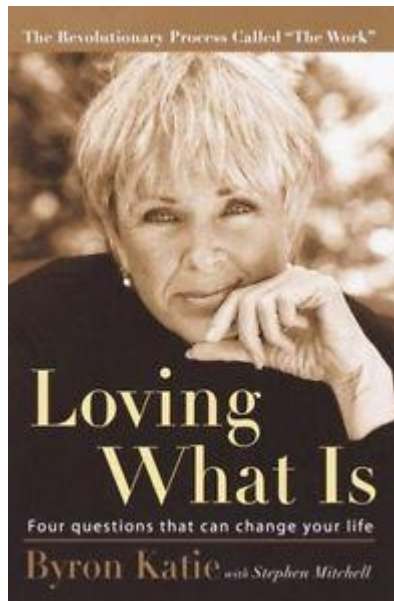
TUESDAYS 7pm – 9pm

LECNA Community Centre
53-57 Cinderella Drive,
Springwood, QLD, 4127

SMS Nikki to Book 0417 435 029

- Are you experiencing stress in your life?
- Do you want to tackle a new project, goal or way of living but just can't work out what is stopping you?
- Are you experiencing a stressful situation you would like to resolve?

Breaking negative cycles, this Logan City Council sponsored "Live Well Logan" program is designed to increase your sense of well-being by setting you free from worry and beliefs that no longer serve you.



Based on the book Loving What Is, author Byron Katie, steps us through a 4 question technique and turnarounds that is quite life-changing.

You get to do your own work, and you don't have to speak in front of the group.

This session is well suited for beginners!

You will learn how to enquire into your own negative thought patterns.

Would you like to:

- Enjoy new sense of freedom and courage
- Increase mental strength
- Increase concentration
- Harmonise & balance relationships
- Improve sleep
- Find peace and harmony
- Reduce anxiety
- General well-being

Allow me to show you how!



Benefits of doing a session:

MENTAL BENEFITS

- Removes emotional weight
- Fights depression and anxiety
- Improves performance
- Helps regulate emotions

SOCIAL BENEFITS

- Improved Relationships
- Mindful Enquiry

PHYSICAL BENEFITS

- Improves general sense of well-being
- Creates space for repressed feelings.
- Stress Reduction
- Tension Release