



**Centre for Lifelong Learning
invites you to a workshop**

on

Heal Your Life

by

Ms. Geeta B Bhansali

Date : 17th & 18th January, 2019 Time : 10.00am to 5.00pm

Venue : Green Room, Naoroji Campus, TISS

(Please contact Ms. Veena Shinde contact no. 022 25525682,

Email : - veena.shinde@tiss.edu)

Fees for Participants : Rs.2000/- + 18% GST (Including Tea, Lunch etc.)

Bank link for the payment of Fees/Wire Transfer:

https://support.tiss.edu/conf_regi_form/

Last date for receiving the Application: **15.1.2019**

Prior confirmation required as number of seats are limited to 20

What is Heal Your Life?

- What we think about ourselves becomes true for us
- Everyone is responsible for everything in their lives — the best and the worst
- Every thought we think is creating our future
- Each one of us creates our experiences by our thoughts and our feelings
- The thoughts we think and the words we speak create our experiences
- We can change the thoughts we think

Heal Your Life, is an international workshop, based on the principles of the book, You Can Heal Your Life, by Louise L. Hay and has been attended by many thousands of people worldwide.

Objective of the workshop:-

The workshop is about YOU, the way you are, the key influences and events in your life that have brought you to where you are now and the way you would like your life to be. The process of healing your life begins with breaking through the layers of old conditioning and beliefs about how you "should" lead your life, identifying any problem areas and clearing out emotional clutter connected with them. There is no "magic" or "secret process". All that is required is a genuine desire to commit yourself to change and a series of practical steps to make those changes happen. You can also be assured that you will be taken through the entire process in a safe and supportive environment.

This workshop serves as “stepping stone” on your pathway of self-discovery. You will be gently and skillfully guided toward a realization of your own power, inner wisdom and strengths, which will help you to achieve the life of joy, happiness, prosperity and health you deserve.

Through this program you will :

Learn to love yourself and others more fully & deeply
Release negative emotions that block your joy & creativity
Work with body, mind & spirit to transform your life
Understand your barriers to love
Get more of what you want from life
Gain new tools and ideas to assist you on your journey
By the end of the course you will have a renewed appreciation & love for yourself & others. You will also go home armed with spiritual and practical tools and techniques that will help you respond to situations & circumstances in your life more positively & lovingly.

Brief Profile of the Facilitator:



Geeta Bhansali

Transformation Facilitator

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(www.geetabhansali.com)

Geeta - having gone through her journey and still moving on... has realised, that all is in the perfect order, It was meant to be.. In her words "I HAVE DISCOVERED ME & I LOVE BEING ME". Been into the HEALING field for more than 15 years she has been actively practising various healing modalities and therapies: Theta Healing, Bowen Therapy, Louise Hay Philosophy, Reiki, EFT, Body Talk Access, Voice Movement Therapy, Emotional Healing, Compassionate Communication, Singing bowl therapy, Art based facilitation, Play back theatre, Awareness through Body. She is an Internationally certified trainer for: "Heal your Life" workshop, "Heal your Life Coach, "Heal your Life " Teen Playshop. Geeta offers personalised sessions from: Clinic at Walkeshwar (South Mumbai), Centre at Parel (Central Mumbai), Some of her recent associations include working with :Visually impaired children of National Association of Blind-Goa and Surat, Hearing and speech impaired children, International school children and teachers, Special needs children (SETU), Swasth Foundation - Swasth Yog Institute (www.swasthyog.org), Students of Entrepreneurship- VIIT Pune. Geeta believes that everybody has an innate ability to heal oneself and hence provides holistic health care through an integrated approach. Through her personalized sessions, she promotes Optimal wellness, Holistic Health Care, Guidance, Counselling , Emotional Support, Personal Growth, Empowerment in Dubai, Mumbai, Pune, Goa, Surat.