



## **1) Transformational Study Course 1**

Experience this powerful 5 week **Intensive Study Course** originally developed by best-selling author Louise L. Hay (*You Can Heal Your Life* and *The Power is Within You*), and attended by thousands of people worldwide to help improve the quality of their lives. Discover how powerful and enjoyable change can be. An experience you will not regret!

**This study course is open to men, women and teenagers.**

**It is proven to give you the tools to:**

- © Create the life you wish to have
- © Learn how to change your thoughts and your thinking
- © Understand your behaviors
- © Learn how to deal with self-criticism
- © Use affirmations to create change your life
- © Experience loving yourself and others unconditionally
- © Achieve strong self confidence and self esteem
- © Discover the joy and magic of being you

**GENEVA - Solunayoga, 18, rue du Mole**

**Monday starting March 1, 8, 15, 22 and 29 from 19h00 - 21h30**

**Wednesday starting June 2 to June 30 from 19h00 - 21h 30**

**Wednesdays starting Sept 1 to 29 from 19h00 - 21h30**

**NYON - Centre Shakti - 48, rte de Divonne  
Fridays starting Feb 26 - Mar 26 9h00 - 11h30**

**Participation: 325ch (includes materials)**

**Courses in French starting November 2010!**

Please contact [kamy.lavanchy@bluewin.ch](mailto:kamy.lavanchy@bluewin.ch) to confirm your participation or join my mailing list for monthly inspiration

## 2) WHAT'S YOUR VISION OF 2010

One way in which we can make positive changes in our life is by creating a Vision Chart. You may know this term from *The Secret* or *The Law of Attraction*.

A Vision Chart is where you plot out your goals with words, pictures, drawing, clippings of news articles or magazines, paper, markers, paint, photos, etc. on a board to make them a reality. This is sometimes called a Treasure Map as well.

These can be goals for any area in your life: health, prosperity, relationships, work, spiritual growth, and vacations, whatever your dreams. There are no limits!

By applying your energy into creating this masterpiece and placing it in a location where you will see it regularly, your goal will slowly begin to manifest itself.

**Interested?Great!**

**Join me for one of the following sessions:**

**Wednesday March 24 evening 19h - 21h30**

**Soluna Yoga, rue du Mole 18, Genève**

There is no price for this workshop but donations are greatly appreciated.

## 3) The Circle Of Love

This Circle of Love & Gratitude is open to anyone and everyone that has the desire to experience greater levels of love, joy, harmony and possibility in their life experience.

The evening includes an opening affirmation, song, sharing the magic of our life experiences, setting intentions, laughter, companionship, dream making, an exercise or process on the topic of love & gratitude.

**It will be held on March 16<sup>th</sup> at**

**Solunayoga, rue du Mole 18, Geneva**

**From 19h - 21h30**

**AND**

**April 19<sup>th</sup> at**

**Centre Shakti, rte de Divonne 48, Nyon**

**From 19h - 21h30**

**Love goes where it flows!**

**FEEL LOVE - SHARE LOVE - GIVE & RECEIVE LOVE - BE LOVE**

Please RSVP by email at [kamy.lavanchy@bluewin.ch](mailto:kamy.lavanchy@bluewin.ch) Snacks, beverages, and your stories of inspiration are always welcomed and appreciated

**Kamy Lavanchy - Licensed Workshop Facilitator - 079 325 0730**

Visit: [www.healyourlifeworkshops.com](http://www.healyourlifeworkshops.com)