

The Seasons Workshops



Winter

The magical season of Winter invites us to take a breath, to pause, to move slowly and to experience closure, completion and release - a kind of “emptying out.” It is also a special time to venture inside and into ourselves to incubate the ideas that may flourish in the Spring.

In Earth’s cycle, the Winter Solstice represents that point when we are furthest from the Sun, a time to pause before the return to lighter, longer days. In that moment, we consider what is needed and what we have already to empower us to live authentically, in support of our dreams.

What you’ll experience

In the Winter workshop, we look to the NORTH and the distant Sun. Our featured element is AIR and we reflect on the MENTAL level of living. We come together in soulful community to:

- explore this year's unfolding themes
- revisit our inner light and its illuminations
- reflect on the mid point of the year and any blocks to our progress
- empower our desires and designs for our lives

As with each of the Seasons Workshops, it is a safe place to explore ‘where we’re at’. You will leave the day connected, nourished, listened to and re-energised for the second half of 2012.

When and where

10-4 Sunday June 17th at Well For Life, Suite 2, 35 Hume Street, Crows Nest

What does it cost?

\$110 (incl GST). Bring a friend and both of you receive 10% discount. That’s \$99 each.

PayPal, money order, bank cheque or direct debit options are available and details will be provided on registration. A deposit of \$30 secures your place.

Questions and Enrolment?

Questions are very welcome, simply call Debra on 02 9955 8488. To register for the workshop, email your name and contact details to registrations@internoscoaching.com.au.

About your workshop facilitator

Debra Currie is an experienced workshop leader with over 20 years in consulting, adult education and management. She is degree qualified in Human Resource Development and has a diploma in Transformational Life Coaching. Debra is passionate about people and the power of community and personal development as keys to living authentically.

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Sundays March 18, June 17, September 16, December 2



About the Workshops

The practical purpose of each season workshop – Autumn, Winter, Spring, Summer - is to strengthen ourselves so that we design and create a life that is authentic and aligned with soul.

The workshops also provide a check-in as we move through the rhythms of the year – it's an opportunity to revisit those plans, New Year's resolutions or our intentions for life and see how we're tracking. By coming together in soulful community, we can be supported on our journey.

The higher purpose of each of these four seasonal 1-day workshops is to:

- *reconnect* us to the Earth, to Spirit and ourselves
- *consider* our lives holistically and in the context of cycles
- *celebrate* and *receive* the gifts that each season offers us
- *infuse* our individual lives with meaning, awareness, and the capability to co-create visionary, passionate lives.

Why base workshops on the seasons?

Many cultures have practices that follow or mark the seasons. These can be spiritual, business related or domestic. Examples include harvest rituals or spring cleaning. Whilst it varies from culture to culture, we have adopted the seasons approach as it provides an holistic view whilst still allowing for focus. The series represents the Whole and the four seasons correspond to:

- four elements - earth, water, air, fire
- four levels of our being - physical, emotional, mental, and spiritual
- four directions - South, West, North, and East

These basic and ancient rhythms serve as a robust modern-day guide for navigating our way through the life processes and attending to aspects of our being.

History and evolution

The Seasons Workshops are a continuation of the work of Donna Czupryna (Manning) of Soulscapes. The workshops have been running for three years and, through training and mentoring, we are delighted to continue this work in Sydney.

Do I need to attend all?

Each workshop is discrete - they may be attended as one-off experiences or you can use each one as a touchstone as you journey through the year.

Questions?

For more information, or to check the fit of the workshop(s) for you, call or email us as we're happy to chat with you, there's no obligation.

InterNos Coaching

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