



Re-energise & Re-motivate Your Life Now!

The Emotional Body

Cost €10.00/£10.00

Free to BTTI members

28th February 2021 11.00 am



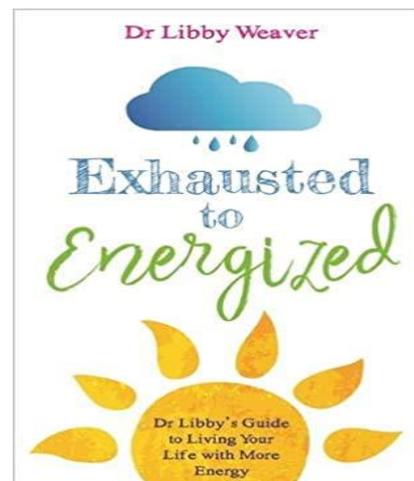
BTTI Spring series with Eoin MacCuirc
Covering tools, techniques and information
that can help you rebalance and support your
nervous system. This can only improve your
long-term physical, emotional and spiritual
health as well as supporting your immunity!

TRUST THAT LIFE
HAPPENS FOR
YOU, NOT TO YOU.

- DR. LIBBY WEAVER

Our health and wellbeing are, to a great extent, the result of our lifestyle choices! As we are developing, we learn what is available and what is right for us but when we become responsible adults, it is easy to lose ourselves in the sea of responsibilities, family, children and work obligations. There comes a time when we become exhausted, unable to focus and it is impossible to concentrate and know how to feel better, clearer and hopeful again – Hopefully this workshop can encourage to become an “empowered participant” making informed choices that will work for you.

"There is nothing new,
except what has been
forgotten."
-Marie Antoinette



Content

- Sleep & Nervous System
- Triune Brain
- W.I.N
- Maximising your energy
- Reflection
- Bach flowers

Contacts

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