**Workshops**

**I run 3-4 Love Yourself, Heal Your Life weekend workshops each year, as well as one day workshops on themes such as relationships, life purpose, abundance and loving yourself even more. My Living Softly workshop is currently offered as part of the Serenity Retreat programme in Greece but will be coming to the UK soon. The best way to find out what’s happening when is to sign up to receive my newsletter here.**

**NEXT WORKSHOPS**

Love Yourself, Heal Your Life® Workshop

This 2 Day Workshop runs three times a year in London and Milton Keynes and is based on Louise Hay's best-selling book **You Can Heal Your Life.** The workshop was developed by Louise herself and over three decades it has helped tens of thousands of people to make positive changes in their lives. You’ll gain deeper insights into old patterns and learn tools and techniques to assist you in living your best life.

**This workshop is for you if you are ready to:**
Eliminate negative thinking
Heal the past and stop sabotaging your life
Have healthier relationships
Replace self-criticism with self-approval
Create a life you love

# ****You will:****https://www.dialogues.co.uk/Images/punchpoint.gifIdentify and transform negative beliefshttps://www.dialogues.co.uk/Images/punchpoint.gifRelease resentments and old emotionshttps://www.dialogues.co.uk/Images/punchpoint.gifLearn techniques for personal healing in all     areas of your lifehttps://www.dialogues.co.uk/Images/punchpoint.gifExperience a fuller understanding of the power     of self-lovehttps://www.dialogues.co.uk/Images/punchpoint.gifLearn mirror work, visualisation and the use     of affirmationshttps://www.dialogues.co.uk/Images/punchpoint.gifPractise the techniques and welcome more of what     you want in your life

**What participants say**

*The weekend was life changing for me; I now see everything with fresh, new eyes and know from here it is going to keep growing.*
**Susan P**

*I have never had such an intense experience - nor felt so much love. I would recommend a Louise Hay workshop to anyone who wants to take control and have a joyful life.*
**Sandra B**

*I never dared dream before that the change would be so powerful. I thank you for lifting me, nurturing me and transforming my life.*
**Annie F**

**Next workshop November 2019: email** **jane@janematthews.com** **to receive details as soon as they’re available.**

Loving yourself even more – one day workshop

This workshop is for those already using Heal Your Life tools and techniques who are ready to go to the next level. Featuring new exercises, meditations and group work, you’ll leave the session feeling re-energised, reconnected and with deeper awareness and commitment to moving forward in your life.

**Among the things we’ll work on**
Eliminating unhealthy thoughts and behaviours
Improving relationships, including with yourself
Replacing self-criticism with self-approval and self-care
Reconnecting with your vision for your life

**Next workshop 5th September 2019. Workshop fee: £60.**

**Email** **jane@janematthews.com** **to book your place.**

Living Softly – with Serenity Retreat

What does it mean to live softly?

It’s the opposite of how most of us live: efforting, fighting, resisting.

At the heart of this workshop is the belief that when we learn how to let go of the idea that life is hard, we can end the struggle and create a life that works.

Based on a forthcoming book of the same name, this workshop will help you:

* discover what effect hard thinking has on your life and how to let it go
* identify a new approach to transform your experience in the areas many of us find the hardest – relationships, work, purpose, abundance, well-being and self-esteem; we’ll do work in each of these
* change your relationship with yourself as you understand the effects of being hard on yourself and learn to practice genuine self-care
* practice techniques of non-resistance – learning to love what is – in order to experience more peace and happiness in daily life
* see how by loosening your grip on the controls, asking for help and trusting the outcome, will enable you to flow with life in a way you never have before…

Throughout there’ll be insight, inspiration – and the fun you’d expect from an approach that is all about lightening up! This workshop is for anyone who has ever found themselves wondering why life is so hard. Come and learn to let go and flow!

**See** [**www.serenityretreat.co.uk**](http://www.serenityretreat.co.uk) **for details of next course, May 2020. We are currently looking into offering Living Softly retreats in the UK. Email me at** **jane@janematthews.com** **to go onto the mailing list for information when it’s released.**

**Is it better to have a right column column with testimonials in for all workshops rather than separate ones. I have some crackers.**