



The Seven Wonders of the Soul

Life-Changing Weekends

Michelle A. Hardwick and Release...Peace are delighted to host a series of weekend experiences for self-development and growth. If you have a keen interest in your evolution and a desire to expand your awareness about life, yourself and others; then these weekends are for you.



Weekend Number Two

Flexibility and Flow – Dec 10th & 11th 2016 - 10am-6pm.

This is the second in the new series of The Seven Wonders of the Soul Weekends in Skibbereen, West Cork, Ireland. Each weekend explores a different Wonder of the Soul, and each gives you an opportunity to stretch from the ordinary to the extraordinary, from the Earth to the Heavens. Each weekend shares deep insights and potent tools to assist you to:

- begin to feel grounded
- start a journey to become more whole, connected and aligned with you
- understand more about your life, yourself and others
- become inspired, clear, courageous, confident, free and empowered
- feel positivity, peace, clarity
- move deeper into the truth of who you are
- explore your inner world
- begin to trust and express yourself more fully
- clarify your emotions
- recognise, process and release imbalances, patterns and behaviours



Weekend Two includes:

The second weekend contains understanding about of our inner harmony and balance. This step is vital as it continues to build upon the firm inner foundation of self-esteem and confidence that we began in Weekend One. The topics throughout this weekend are:

- Experiencing our inner harmony and balance
- What flexibility, tenderness and nurturing really mean
- Understanding more about sensuality, sexuality and bonding
- Learning about commitment and what it means to be in relationship
- Discovering more about creativity
- How to go with the flow, the ebb and flow

Nurturing Location

The seven residential, all-inclusive weekends are held every 3-4 months over a 2 year period and are located in peaceful, quiet, rural and positively energized locations in and around Dublin and West Cork, Ireland.

Be Prepared for Change

These weekends give you a chance to take precious time away and reconnect to and with yourself. Be prepared for change. Both days are filled with a variety of processes to help you grow and evolve. A variety of experiences are available for you, including:

Group Sharing and Guidance: Take part in the weekend. Enjoy group discussions with like-minded individuals and uncover more about your life, yourself and your journey. Receive spiritual mentoring and enlightening guidance

Personal Experience: The group size ranges from 8-16 people, which ensures an intimate and tailor-made experience. Absorb the teachings and information more deeply in this small group and get to know yourself and everyone else in a much more personal way

Group Process: Experience guided, healing meditations; deep relaxation and hypnotherapy; regression; past-life regression; future-life progression; generational healing and NLP (NeuroLinguistic Programming) – all customized to your needs

Nature: Explore the beauty of the environment. Watch breath-taking sunrises and sunsets. Expand into the clear starry Irish skies. Walk through ancient woodlands and forests – and if that sounds like too much effort, relax, stretch out and cozy-up in front of the large, warm open fire (during the Winter) or enjoy time alone and reflect on the wisdom shared in the group



Journaling: At the start and end of each day take time and space for yourself to journal, read, breathe and integrate

Cuisine: Relish delicious, simple, healthy, vegetarian/vegan meals. A variety of fresh and tasty hot, cold and raw dishes will be served to you for breakfast, lunch and dinner. Gluten & sugar free options as well as special-diet meals are available upon request. Do give us plenty of notice so we can ensure your dietary needs are perfectly met!

Refreshments: Enjoy hot drinks and snacks mid-morning and afternoon. Sit with group members in/outside or just absorb the peace and beauty of the natural surroundings

Accommodation: Sleep deeply in one of the beautifully designed, clean, comfortable, en-suite bedrooms. Depending on your preference and budget, choose either a shared room or private and single accommodation

Non-Religious: Feel free to be yourself and express your true feelings in a safe, supported, confidential, non-judgmental, respectful and welcoming group. The weekends can be enjoyed by anyone regardless of faith or non-faith

Home Practice*: When you return home you will receive lots of information via email link. This includes the meditation recordings which you can listen to regularly to help you continue your inner journeys. Take time to complete the exercises sent, as these can expand your awareness between each of the weekends too

Preparation for the Weekend

A document will be emailed to you after registration and payment. To get the most from your weekend please ensure you read it, reflect on the questions asked, make any notes you feel you need and then bring that information along with you. The more you prepare - the more you'll get from the weekend. Contact Michelle if you have any difficulties with this.

BOOK YOUR PLACE NOW!

Investment in Your Evolution

The weekend costs €250-per person (shared en-suite accommodation) and €330 for private, single en-suite accommodation. This fee includes:



- One nights' shared (or single) accommodation on Saturday night – *(or if you wish you can arrive on the Friday evening and stay two nights – this naturally incurs an additional fee)*
- Vegetarian/Vegan Lunch on Saturday & Sunday at 1pm
- Vegetarian/Vegan Dinner on Saturday evening at 7pm
- Vegetarian/Vegan Breakfast on Sunday morning at 8.30am
- Time spent in a beautiful location; relaxing/walking in nature
- Two full days processing with Michelle A. Hardwick
- All the information from the weekend including any MP3 recordings e.g. meditations; relaxations; documents; power-point presentations, sent to you via email link after the weekend



Full payment is non-refundable must be made either via direct debit in €-Euros (email Michelle for her bank details). Alternatively with your credit card via PayPal (this incurs a 4.5% PayPal surcharge). Please read our Terms & Conditions below.

Integration Time

Know that these weekends are not an instant 'miracle cure'. It is recommended that you take time to integrate all that has happened during the weekend. The post-weekend phase is also crucial to your healing and growth. You are actively encouraged to continue your evolution with your own Home Practice*.

Additional Support

There may be times when you need to explore a situation more deeply; resolve a challenge or understand why things are occurring in your life by discussing this with Michelle. Together you can agree on the best way forward. To help you address what it is you would like to change, Michelle may suggest an additional one-on-one consultation. This can be extremely beneficial in helping you continue the processing you began at the weekend or review the concepts in greater depth; gain new understanding from the experiences you've had; or receive extra support in applying what you learned to your career, your life, relationships and on your journey. *Remember if in doubt, reach out* – Michelle is only an email/phone call away.



Profile

Born in the UK, Michelle A. Hardwick is a highly qualified Hypnotherapist who began her practice in 1999 while living in New Zealand. Her professional development continued with Dolores Cannon, renowned Hypnotherapist specializing in the recovery of "Lost Knowledge" and Dr. Brian Weiss, ground-breaking Psychiatrist, New York Times best-selling Author and authority in the field of Past Life Regression. Michelle has developed 'Soul Connection and Evolution' - her own style of Hypnotherapy which bridges the worlds of self; spirituality; body; mind and soul. 'Soul Connection Hypnotherapy' is designed to:



- Help heal the past
- Establish a connection or reconnect to your True authentic self (your Soul) and
- Connect you via your Soul to Source.

Michelle is also an Emotional Freedom Techniques (EFT) Trainer and Practitioner, and qualified in Neuro-Linguistic Programming (NLP). While in New Zealand, Michelle undertook 2 years of extensive spiritual studies with the Gaia Sacred Mystery School, and is an experienced channel, record-keeper and seer. As a newly published author, Michelle's own story features in Dr Brian Weiss's recently released book 'Sometimes Miracles Happen'.

Michelle says, *"I love facilitating these weekends. They are so empowering and the information shared is fascinating. Each weekend is time away just for you in a unique haven in a wonderful part of Ireland. Join me on a journey of discovery where we will integrate experiences of understanding, awareness and wisdom."*



Contact Michelle

If you would like to find out more, simply **telephone Michelle** on: (+Ireland dialling code) 871492338 or (+UK dialling code) 7857369619.

My website - <http://michellehardwick.com>

Connect via Facebook: [facebook.com/ReleasePeace](https://www.facebook.com/ReleasePeace)

LinkedIn: [uk.linkedin.com/in/releasepeace](https://www.linkedin.com/in/releasepeace)

Twitter: twitter.com/mahardwick

Web: www.michellehardwick.com

Email: info@michellehardwick.com



Kind Feedback

If you haven't experienced our Wonder of the Soul weekends, read the following comments to discover just what you're missing:

"Thank You so much for organising, facilitating and offering so much of yourself in all our joint healing. Thank you for giving me the space to reflect and heal and share my heart. The location was such a part of the weekend and I loved hearing how you were guided there. We all agreed the food was amazing all weekend. Just noticing how I am supported by other energies - books appearing, radio 'messages' - you know the usual holding healing energies that surround us all, is helping me. Thank you for the extra material you sent on. I hope our paths cross again soon. Take care and thanks again".



"You did a fantastic job of the whole thing. Thank you so much!!!! I arrived back home today and I am SO looking forward to putting time aside for a good dose of much desired meditation tomorrow!

I look forward to hearing about the next weekend dates. Can't wait as usual ;) Thanks again Michelle. Much love and gratitude for facilitating life breakthrough weekends such as these".

A wonderful ambiance with a wonderful teacher. I had a wonderful weekend. Well done Michelle and Thank You. Can't wait 'till February!"

"It was an important weekend, and I will process and process more!"

"Thank you immensely for the weekend. Words are a small device to show my love & appreciation for your contribution to humanity."

"My soul is so very grateful to you for the amazing journey you guided me through at the Root Chakra weekend. For the first time in my life, I truly know I'm on the right path and my journey home is going to be amazing. My soul is singing. Thank you. I can finally hear the voice of my soul and what it is I must do and become. Tons of love."

"The previous weekend was very beneficial to me and I feel absolutely fantastic on my own skin now. I cannot thank you enough for this feeling. So I would like to record my interest in the next weekend and secure a spot for myself".



Terms and Conditions

Please read the following terms and conditions carefully. It is your responsibility to read and understand our cancellation policy before attending the weekend and making a reservation.

Naturally, no one books with the intention of cancelling or postponing their weekend, but unexpected things do happen, and we know things “come up” from time to time and that there could be a possibility that you have to cancel your place at the weekend. We also know and appreciate your understanding in regards to operation and overhead costs involved when planning these weekends; therefore, cancellations will be handled as follows:

- Cancellations received less than two (2) weeks prior to the weekend are non-refundable. However any notes, recordings and/or materials from the experience will be sent to you personally via email
- All cancellations and changes must be presented in writing via email as soon as is possible
- Refunds will not be given for no-shows.
- If you cannot attend and you have someone else who would like attend the experience in your place, your request will be considered and accommodated, where possible
- Cancellations due to extreme unforeseen circumstances may be accepted and a refund given minus an administration fee
- Payment in full and a signed acceptance of the cancellation policy is required before your place at this experience is confirmed
- Michelle A. Hardwick reserves the right to cancel or reschedule the experience provided that advanced notice in writing, is given to all registered participants. In the event of a cancellation or rescheduling, the limit of liability on Michelle A. Hardwick will be the original fee. Michelle accepts no responsibility or liability for any other costs or fees incurred by participants including, but not limited to, expenses associated with pre-booked travel arrangements
- Please note that the weekends are subject to change. If matters beyond our control require changes, every effort will be made to provide replacements of the same quality/content
- Exceptions to our policy cannot be made for any reason. We do not offer credit for arriving late or leaving early. The accommodation we will stay at holds your room for you/us, so if you cancel there is less likelihood of a walk-in client/guest being able to fill your room. So please be 100% sure that you want to be at the Wonder of the Soul Weekend before sending us your payment.
- If you have questions or require further information, phone Michelle A. Hardwick on (+Ireland dialling code) 871492338 or (+UK dialling code) 7857369619. Alternatively email via the website - <http://michellehardwick.com/contact>
- Please note that the fees are subject to change or amendment without prior notice.



More Wonder of the Soul Weekends

The seven weekends are scheduled to take place every three months, over the next two years:

- **Weekend Two** – Balance & flow – 10th and 11th December 2016
- **Weekend Three** – Will, power & prosperity – March 2017
- **Weekend Four** – Unconditional love – June 2017
- **Weekend Five** – Speaking your truth – September 2017
- **Weekend Six** – Vision & wisdom – December 2017
- **Weekend Seven** – Connection & enlightenment – March 2018
- The exact dates will be confirmed soon!

