

FREE SEMINAR – DUNEDIN - FRIDAY 17TH FEBRUARY 2017

Physical, Emotional and Spiritual well-being

In our lives when we experience physical wounds and challenges, we tend to take action promptly in order to address them. Yet with our emotional, mental or spiritual wounds, we don't. We often cover up, ignore, neglect or deny them.



On our journey toward enlightenment, it is essential that all aspects of our Self are integrated and healed. When we align our inner and outer worlds, we create a powerful partnership that facilitates deep healing.

If you are ready to take command of your emotional, mental and spiritual well-being through healing, meditation and self-

awareness, then join us for a free talk given by Michelle A. Hardwick in Dunedin.

Michelle will share potent tools and helpful suggestions along with her intuitive skills, love and compassion for your evolution, health and wellbeing.

Admission is free. Registration is required.
Be sure to invite your friends. See you there!

Healing Weekends

On the weekend of the 18th & 19th February 2017, Michelle will also be facilitating a group healing weekend in Dunedin. This weekend is designed to help you begin a process of inner discovery and awakening to your soul and Self. The weekend promises to empower you to enjoy your life, relationships so much more and help you begin to achieve your full potential. Discover more about the weekend at the Michelle's free Seminar.

Personal Consultations

Healing consultations with Michelle A. Hardwick can take place either online on Skype or in person in Dunedin on Friday 17th February 2017 to help enhance your inward journey of evolution.

Coming soon to DUNEDIN - Healing and Evolution Weekend 18th & 19th February 2017

We are delighted to announce a two-day evolutionary and healing weekend facilitated by Michelle A. Hardwick in Dunedin. On 18th & 19th February 2017, this weekend can help support you through a process of inner discovery, evolution and enlightenment, combining time for exploration together as well as a range of potent experiences to promote expansion on a mental, emotional and spiritual level.

With a maximum 16 participants, the group setting offers a special opportunity for a shared journey where greater insights, profound realizations and potent energy are experienced.



Be Prepared for Change

There will be opportunities over the course of the weekend to let-go and eliminate anything that is no longer essential to your health, wellbeing and happiness. The more you release, the more you are free to achieve your potential; reconnect to your Self and source of wellbeing. You can restart anew.

Securing your place

Attending this weekend is a commitment. Each day begins at 10am and finishes at approx. 6pm. It is advisable that when you book your place, you are free to attend the entire experience. This weekend is a gift to yourself, offering you time and space to heal at a deeper level. Places for this event are limited, (min.10 and max. 16) so please reserve your place early.

The Weekend Includes

- 2 morning group sessions
- 2 afternoon group sessions
- All group experiences
- All MP3 recordings/downloads of all healing meditations and relaxations; (sent to you after the event)
- Information from the weekend in the form of documents and/or power-point slides (sent via link after the weekend)
- Healthy Lunch
- Refreshments – herbal teas, filtered water and light snacks

Cost

If you find it easier to make payments by instalments for this weekend, please contact info@michellehardwick.com and arrangements can be made to suit your needs.

Personal Consultations – Friday 17th February 2017

Most clients utilise Michelle's consultations to create a turning point in their relationships, lives or careers. During your consultation it is possible to break longstanding patterns and understand more; discover more clarity, feel alive, spiritually awake and connected.

Sometimes in our lives we experience a disconnect, an imbalance, where we feel stuck between how we feel and how we are in the world. Oftentimes we know the source of our challenge yet we do not have the knowhow or strategy to help resolve the imbalance. In certain situations the source is deeply hidden from us buried within our subconscious.



Our emotions are the bridge connecting our mind, body and soul. As a result of life's challenges the bridge can become blocked by patterns that unconsciously defend against change. Emotional release is a process of restoring the capacity to feel fully alive and joyful once more, freeing a wealth of information about relationships, your spiritual path or barriers to health, happiness and creativity.

Safe Space

Michelle helps create a safe, nurturing space that allows you to discover more and find answers within that are beneficial to you. Her training from renowned teachers includes Hypnotherapy, Past-life regression therapy, Quantum Healing Hypnosis, Spiritual healing and development. The tools Michelle uses in her consultations include dialogue, mentoring, emotional release, conscious breathing, chakra/energy reading to balance the mind body and soul. These tools inspire her clients to uncover more of their true selves in new and enlightening ways.

Healing consultations with Michelle A. Hardwick can take place either in Dunedin or online to help enhance your inward journey of evolution. To book online with Michelle follow this link: <http://releasepeace.co.uk/individual-booking>

Or email Michelle info@michellehardwick.com

Michelle A. Hardwick Profile

Raised in a multicultural setting and exposed from a young age to a variety of cultures, Michelle brings these elements to her work.



After many years in the Hospitality Industry, Michelle experienced burnout and took a path of self-discovery toward health and healing. She began to study hypnotherapy as well as complementary practices and these had a profound impact on her. Now Michelle has dedicated her life to sharing these to help her clients make empowering changes in their lives, relationships and careers.

With 20 years of healing experience, Michelle is able to deal with a variety of symptoms including depression, anger, anxiety, trauma, exhaustion/burnout, grief or relationship crisis. She is equally comfortable dealing with stress, insomnia, phobias or physical pain. Michelle is passionate about working with individuals and groups. She believes healing is most effective in an active, co-creative partnership.

Michelle teaches topics as diverse as mindfulness, relaxation, emotional management, stress release and spiritual approaches to a variety of issues including self-esteem, trauma, addictions, prosperity and co-dependence. Michelle's teachings reflect her ongoing practice and studies that combine ancient Eastern techniques and modern Western psychologies to create balance, harmony and peace.

She mentors her clients and other health practitioners through career or crisis; teaches inspirational wellness in business and runs a series of weekend programmes in Ireland and the UK.

For more details contact:

Michelle A. Hardwick

Creator of 'Soul Connection Hypnotherapy'; Adv. Dip Hyp., International EFT Trainer & Practitioner, Time Line & NLP Practitioner, Graduate of the Gaia Mystery School, Dip. Spiritual Development

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