

*Power full, life changing workshops  
based on the philosophy of Louise  
Hay best selling Author of  
"YOU CAN HEAL YOUR LIFE"*

*Heal Your Life Achieve Your Dreams  
2 Day Workshop*

Day One

- Understanding the philosophy of Louise Hay.
  - Inner child and 'authentic' self.
  - Mirror work.
- Identify and release old limiting beliefs and negative emotions.
- Examine the mind/body link and what is going on in your own body.
- Affirmations and exercises for health and healing.
  - The essential guide to loving yourself.

Day Two

- Family dynamics.
- Safe anger releasing.
  - Forgiveness.
- Opening yourself up to an abundance of love.
- Discovering what would really make you happy.
  - Use of affirmations and positive thought to support yourself in creating the life you really want & deserve!.

*For Further Information Contact Certified  
Facilitator Jo Hartwich*



10 Russell St  
Macarthur 3286  
[www.onlywithlove.com.au](http://www.onlywithlove.com.au)  
0408 188 892



*"I love myself therefore, I love totally in  
the now, experiencing each moment as  
good and knowing that the future is  
bright and joyous and secure for I am a  
beloved child of the universe and the  
universe lovingly takes care of me now  
and forever more.  
And So It Is "  
- Louise L Hay .*



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JO HARTWICH

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HEAL YOUR LIFE  
COACHING  
Heal Your Life &  
Achieve Your Dreams...  
2 Day Workshops &  
10 Week Study Groups



2 DAY WORKSHOPS  
At Port Fairy Community  
House In April 2010  
At Hamilton Community  
House In May 2010  
10 week Study Group  
Hamilton Community  
House  
Begins Thursday Night  
April 22nd 2010!



*"Love is the great miracle cure.  
Loving ourselves works miracles in our lives",  
Louise L Hay.*

**"Free You Can Heal Your Life  
Movie Night!"**

**Hamilton Community House  
Thursday 15<sup>th</sup> April @ 7.00 pm  
"ALL MOST WELCOME"**

**Heal Your Life  
10 Week Study Group  
At Hamilton Community House  
Thursday 22<sup>nd</sup> 2010  
7.00 pm – 9.30 pm**

- 22/04/10 Week 1** - L.Hays Basic Philosophies
- 29/04/10 Week 2** - Uncovering Hidden Messages !.
- 06/05/10 Week 3** - Inner Child Work .
- 13/05/10 Week 4** - Willingness to change.
- 20/05/10 Week 5** - Forgiveness.
- 27/05/10 Week 6** - Changing your thoughts.
- 03/06/10 Week 7** - Relationships
- 10/06/10 Week 8** - Work/Success.
- 17/06/10 Week 9** - Prosperity.
- 24/06/10 Week 10** - Health.

**Investment**  
\$300 for 10 week course.

Discounted if paid in lump sum or payment can be made weekly . Concession is available, contact **Jo on 0408 188 892 .**

***Heal Your Life Achieve Your  
Dreams  
2 Day Workshop***

**Port Fairy Community House  
Saturday 17 April '10  
& Sunday 18 April '10  
Time**

**9.30 to 5.00 pm both days.**

**Investment**

**\$300.00 for the 2 days.  
(Includes refreshments & snacks for  
the two days ,further information and  
reading materials .)**

***"Let's work together to change our lives  
& the world, one thought at a time!"***

**Louise L Hay**

**Hamilton Community House  
Saturday 22 May '10  
& Sunday 23 May '10  
Time**

**9.30am to 5.00 pm both days.**

**Investment**

**\$300 for the 2 days  
(Includes refreshments & snacks for  
the two days ,further information and  
reading materials )**

**Jo Hartwich  
[www.onlywithlove.com.au](http://www.onlywithlove.com.au)**

***If Workshops Don't Suit You Ask Jo About-  
"Heal Your Life Coaching"***

***Life Coaching is a rewarding experience that  
can help you too;***

*Meet your needs while still managing your  
busy life*

*Work with your strengths*

*Work out what you really want*

*Enjoy your life more*

*Stay motivated and focused*

*Understand how your values and beliefs influ-  
ence your life*

*Overcome the things that hold you back*

***This can be done over the phone or alternative  
arrangements can be made Ph Jo 0408188892***

**HEAL YOUR LIFE ACHIEVE  
YOUR DREAMS  
Portland Retreat**

*When*

**Friday 6<sup>th</sup>, Sat 7<sup>th</sup> & Sun 8<sup>th</sup>  
August 2010**

*Time*

**9.30 am-5.00 pm both days**

*At*

**Portland Bay Lodge**

*Investment*

**\$475.00**

*This includes the 2 day course ,course materials,  
home style cooking -fully catered for 2 days &  
accommodation for two nights!.*

**Early Bird Discount make a deposit before  
June 30<sup>th</sup> 2010 & Receive \$55 Discount!**

***"This will be an awesome weekend  
experience not to be missed !"***

**Call Jo 0408 188 892**