

# Move – Play – Release



**!!! GET THE %#\$!  
OUT OF  
YOUR  
OWN WAY !!!**



## **Bergen Sentrum, September 17<sup>th</sup>-19<sup>th</sup> 2010**

### **What do you want MORE of in life....? Or LESS of?**

Have you forgotten the power of playful creativity? Are you stuck within the limitations of grown up games? ***How does that make your life look and feel now?***

- Do you have what you really want in life? Do you know what you want?
- Does life feel like one chore after another?
- What is your consciousness about your body, wealth, relationships, sex and success?
- Feel like you are a compulsive thinker? Run by your mind?
- Are you having FUN!?!?

***This workshop will give you the chance to master tools for letting go of the blocks to happiness through movement, play and emotional releasing using The Sedona Method®. Rediscover a way of living life that brings everything you want, effortlessly, whilst remembering to have !!!FUN!!! along the way.***

### ***What You Will Get From This Workshop***

- A set of FUN, easy to use tools to let go of – release –uncomfortable or limiting thoughts or behaviors
- Reveal what you truly want in life and achieve your goals effortlessly
- Break patterns of sabotage, self-disapproval and self-limiting thinking and behaviors
- Gain a greater awareness of peace, happiness and the success that is already available to you – NOW!

**See what others have to say about The Sedona Method! – [www.lettinggo.tv](http://www.lettinggo.tv)**

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<b>Location:</b> Bergen Sentrum, Norway	<b>Instructors:</b> <b>Melanie Smithson</b> MA, LPC, ADTR, CHT, Cert. Sedona Method Coach and <b>Gemma Keaney</b> PhD, Cert. Sedona Method Coach
<b>Date/Time:</b> Friday, 17/9/2010, 18:30- 21:30 Saturday/Sunday, 18/9/2010 -19/9/2010 09:30 - 17:30	<b>Melanie</b> is a body-oriented psychotherapist in practice in Denver, USA. She is the author of <u><a href="#">Playing with Spirit: Reclaiming Adult Relationship to Play</a></u> , has taught Creative Art Therapies at Naropa University and is an expert in helping clients get unstuck and cultivate peace from the inside out.
<b>Price:</b> 2330NOK (before 17/8/2010) 2600NOK (after17/8/2010)	<b>Gemma</b> is a Certified Sedona Method Coach based in Bergen.

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For workshop and coaching reservations and information please contact: [gemmakeaney@yahoo.com/](mailto:gemmakeaney@yahoo.com)  
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