

Honour the Self, Honour the Other, Honour the One

"The shortest and surest way to live with honour in the world is to be in reality what we would appear to be; all human virtues increase and strengthen themselves by the practice and experience of them." - Socrates

When we fully honour ourself then we can never dishonour another

How does it feel to be honoured for who we truly are?

How does it feel to honour another completely?

How does it feel to honour all around us, and the earth that sustains us?

All originates and completes through our own Self and as we honour
Ourself so we honour all Others.

Using story sharing, music, movement, touch and laughter we will connect
to our own inner wisdom, and honouring connection with Self and Other.

Held in Yoga Healing Glasgow in Glasgow's West End
(Unit 7, Mansfield Park, 22 Mansfield Street, G11 5QP)

On Sunday 8th July 2012

between 10.30am and 5.30pm

The fee for the workshop is £50

Or £45 if paid by 3rd July or £35 if paid by 29th June 2012

You will help create a sacred space in which you can relax, open, heal, reclaim
and support others to do the same. You will be fully honoured and there will
be no pressure to participate.

The workshop will be lovingly facilitated
by Gillian Alexander



For further information please contact Gillian by email
on gillian@sacred-touch.co.uk or by phone on 07913 906 343
or see www.sacred-touch.co.uk/events