

# JOURNEY OF A BUTTERFLY

## MOVING WITH GRACE THROUGH CHANGE



### **About This Class**

*"The only constant is change."*

- Heraclitus. *Everything changes: careers, grief, family changes and good old fashioned existential crisis. Many of us want the change, while others have no choice as change was forced upon them. Either way, this course will help you understand the phases of change so you make sure to work through each phase deliberately and consciously, creating the future you always wanted for yourself.*

We will be working through the four phases of change according to Martha Beck:

1. Dissolving: acknowledging, grieving and self care.
2. Imagining and scheming: being clear on what you want and where you're heading.
3. Reforming: being prepared for the long term.
4. Full flight: enjoying the changes!

Every week will be different: combining yoga, hypnosis, breathing, support groups and journalling.

**Time:** Saturdays at 5pm starting 4 Sep

**Price:** BD108 (10 classes)

**Teacher:** Weam Zabar

**To book:** Call 17591565