

EMBRACE YOURSELF LIVE YOUR LIFE!

An expanded day on March 2nd
10.00 – 8.30pm

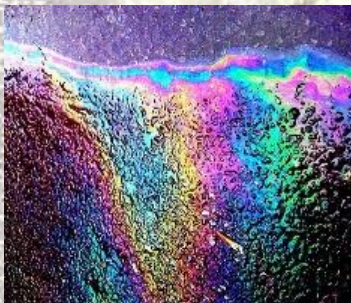
Grantchester Village Hall CAMBRIDGE CB3 9NH

Come on a powerful creative journey
that will enable you to flourish in 2019



We will (amongst other things)

- review the year using coaching tools
- paint/collage our journey or tell it as a story
- make masks which both cover and uncover aspects of our true self
- choose how we want to be in the next phase of our life
- create powerful touchstones



COST now only £125

£75 deposit Conc. £75 costs can be spread.

To register: contact Zoë Grace Cozens zoeleapfrog@gmail.com

www.leapfrogtraining.co.uk 07813 035763 and WhatsApp

Maximum 12 spaces Book early to avoid disappointment

Sensitively lead by: Zoë Grace Cozens - Integrative Arts Facilitator. Life Coach. Mentor.

Lex Penn-Carver - Creativity Teacher. Artist.