



BEING SPACE



Freedom of Spirit two-day workshop

"Individually, we are one drop. Together, we are an ocean"
Ryunosuke Satoro

Space for being ~ and transformation. Sharing our gifts, questions, visions and presence. Unexpected and magical things can happen!

Freeing the Spirit is a gift to ourselves ~ and to humanity.

Freedom of Spirit is an elixir for the Soul.

Dates and booking details: <https://beingspace.world/#calendar>

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For more information, or if you have questions:

Call or WhatsApp: +44 7770 267230

E-mail: catherine@beingspace.world

Arrange a Zoom meeting:

<https://go.oncehub.com/15MinuteChatWithCatherineLlewellyn>





Freedom of Spirit ~ through self-realisation

A journey of expansive play

A place of adventure, playful exploration, freedom and vibrancy.

A multi-layered experience of mind, body and spirit. Celebrating the bright shining flame - the essence of you.

This is an expansive dance of play, imagination, energy, curiosity, truth and revelation.

We dive deep into self-knowledge, self-responsibility and self-love. Reclaiming our sovereignty, power and truth. Liberating and celebrating the bright flame of Free Spirit: our birthright and our guiding light.

And that's just Day One!

DAY ONE - Reclaiming our Sovereignty

- The liberating power of play
- The art of mind-body-spirit engagement
- Self-denial and suppression
- 5 drivers and 5 core values
- 21 thinking preferences and 54 essences
- 22 virtues
- 6 emotional needs
- 12 components of self-care
- Liberation through self-love and universal love
- 4 levels of human experience
- The art of inner divination
- The transforming power of beauty and nature
- Empowerment through self-responsibility
- Freedom through truth and self-acceptance





Freedom of Spirit ~ through self-realisation

A journey of expansive play

Day Two - a day of play. Bringing together body awareness, vibrant powerful presence and energetic resonance, releasing and amplifying the true voice of the spirit.

By integrating our newly reclaimed Freedom of Spirit throughout each layer of our lived experience, we craft our own personal anchors and activators.

DAY TWO - Living our Freedom of Spirit

- The art and practice of surrender
- Physical embodiment of free spirit
- Energetic presence of free spirit
- True voice of free spirit
- 7 levels of meaning and integration
- Freedom of Spirit - anchors and activators

An emotional, challenging, stimulating, exhausting, enlivening, liberating, encouraging, enlightening and life-changing workshop. Expect to be stretched, entertained and rewarded.

Freedom of Spirit is an elixir for the soul.

Location: Brilley Hall, Brilley near Hay-on-Wye, Herefordshire UK HR3 6JG

Investment for two-day workshop:

£ 239 in 2024

£ 293 in 2025

Payment plans are available.

