



Sunday 26th November, 9-1pm



let go of what's holding you back

In this one day event you will experience a breathe in a supportive and safe environment with practitioner Jean Thomas.

During this transformative workshop you will experience:

- **What is emotional intelligence**
- **Discover what is holding you back**
- **Let go of the past & transform**
- **Create new steps forward in your life**

Practitioner: Jean Thomas

\$147.00

Location: Flow Chiropractic & Wellness, 11 Harper Ave

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