

The Harmony Centre Foundation

presents

"Inner Child Workshop"

'Our Incarnated Self'

By Del King

Come on a personal journey and learn how your thoughts and emotions influence your health and wellbeing

Discover the child within and have some fun!

When: Saturday and Sunday, June 20-21

Starts: 9.30am to 5pm both days

Where: Smithurst Theatre, Gunnedah

Cost: Is by donation. Normally \$330
We ask you to look into your heart and donate according to the value you receive and can afford

Bookings: Preferably by June 19
Telephone bookings and enquiries:

Marg Jones
6742 3749 AH

Therese Jones
0427 493 517

Kylie Barber
0410 643 842

Robyn Campbell
6742 1066 AH

or the Harmony Centre website



PART of the committee to create a Harmony Centre in Gunnedah are Wendy Carpenter, Julie Scott, Marietta Pegg and Shirley Anderson.

Seminar connects with inner child

MEMBERS of the community are being invited to ignite their spirit and connect with their inner child through a series of seminars developed by Kim Fraser, founder of the Harmony Centre Foundation at Cooranbong.

The Path of Ease and Grace is designed to help individuals create an enriched spiritual life full of love, joy and peace.

Local co-ordinators Nikki Pegg, Marg Jones and Robyn Campbell are encouraging local residents to take advantage of the seminars, which are non-denominational and based on sound universal principles relevant to today's society.

"The Path of Ease and Grace

semples and stand in their own power," Nikki said.

"Participants can also learn how to dissolve conflict, feel their own spirit, find their inner child and divine consciousness.

"The teacher will be Del King from the Harmony Centre in Cooranbong, who will reveal secrets to having a happy relationship."

Spiritual teacher, healer, author and mother of two, Kim Fraser, established the Path of Ease and Grace seminar series to help people access richer and more fulfilling lives.

She says the essence of good spiritual teaching is love.

An Inner Child workshop will be held at Smithurst Thea-

5pm, followed by session 2 on July 4-5.

There will be ongoing support for course participants with weekly evenings for questions.

Bookings for Inner Child workshop can be made with Robyn Campbell on 6742 1066 (ah), Marg Jones on 6742 3749 (ah), Therese Jones on 0427 493 517, Nikki Pegg on 0410 292 462, or Kylie Barber on 0410 643 842.

Bookings should be made by Thursday, June 18.

□ **Satsang** - a multi-faith celebration of divine love for all, with meditation, singing and chanting, continues at Essence Natural Therapies from 9.30am to 10.30am. All welcome. Access to Essence Natural Therapies is via the laneway next to Mags