

FREEDOM OF THE SOUL

DANCE YOUR DANCE | SING YOUR SONG
LET YOUR SPIRIT SOAR
LIFE IS NOT ABOUT SURVIVING THE STORM,
IT IS ABOUT SINGING IN THE RAIN

A SIX MONTH PROGRAMME TO SUPPORT YOU TO CREATE A NEW VISION FOR YOUR LIFE

Co-guided by TESSA JONASSEN and GILLIAN WILLIAMSON

A 6 month journey of self-discovery. Who are you? What do you want to create in your life? What is preventing you being the creator of an inspired and joyful life? Tessa and Gillian will guide you each month to find your inneressence and live life to your full potential. Living a life of harmony and balance, with the wisdom and support of the First Light® Flower Essences to clear any blocks that hinder your journey to live a magical life.

DATES: Sundays: May 28th, June 25th, July 23rd, August 20th,
September 17th, October 15th

TIMES: 9am – 4pm

VENUE: Ferndale House – 50 Lloyd Ave, Mt Albert, Auckland

COST: \$350 per month incl morning and afternoon tea, a personal flower essence blend, half-hour one-on-one consultation. Payment required at time of booking to secure your space – spaces will be limited.

Contact us for payment options - DISCOUNT FOR FULL PAYMENT

CONTACT: TESSA – ph: 021 030 8224 or tessa@harmonia.co.nz
GILLIAN – ph: 021 332 141 or gill@inneressence.co.nz

THE 6 MONTH PROGRAMME:

1st month – Self-Discovery and Transformation

2nd month – Clearing Issues and Blocks

3rd month – Balancing and Strengthening the Physical

4th month – Repatterning Habits

5th month – Reconnecting with Soul

6th month – Freedom of the Soul Integration



THE PROGRAMME INCLUDES:

- Vision boarding to create and manifest a new vision
- Meditation and visualisation to gain insights and wisdom for your journey
- Personal Flower Essence blends to clear blocks and bring harmony guiding you to manifest your new vision
- Half-hour one-on-one consultation with either Tessa or Gillian in addition to workshop each month to support your journey
- Safe and nurturing environment to create a space for self-discovery and healing
- FUN – let life be a magical and joyful journey

OUTCOMES YOU WILL ACHIEVE FROM INVESTING IN THIS PROGRAMME:

- Deeper relationship with self
- Discovering your Soul's purpose
- Clarity of your life's vision
- Skills to create and maintain health and well-being
- You will be the Hero of your own journey



TESSA JONASSEN

HARMONIA

www.harmonia.co.nz

HEALING FOR THE SOUL

Will be bringing her years of experience of facilitating and guiding clients to create a vision board, link into its energy and manifest their hearts desires. Working with the **First Light® Flower Essences** and other healing modalities she assists and supports clients to delve into their inner world to live a soul filled life and express their true uniqueness.



GILLIAN WILLIAMSON

INNERESSENCE

www.inneressence.co.nz

HELPING PEOPLE EMPOWER
THEMSELVES

Will also bring her experience of working with the **First Light® Flower Essences**. She will be guiding you on the visualisations, meditations and inner journeys to gain wisdom and insights. She works intuitively drawing on her own wisdom and knowledge having been in this field for over 30 years.

