



Enliven

Live life to the full meet it's challenges with soft resilience.

Step into your full potential? Our transformative group session will guide you on a journey of self-discovery.

You will share in creating a supportive nurturing environment. Warm up to yourself and Warm up to Spontaneity and Creativity. Free yourself from limitations and embrace limitless possibilities.

Don't miss out on this opportunity to connect with like-minded individuals, gain valuable insights, and embark on a path of empowerment and fulfilment.

Tuesday June 11th & July 9th 6.30 - 9 pm



Location: Quaker Centre, [217 Ferry Road \(8013\) off](#) Moorhouse Road.

Leaders: Don Reekie and Janet Allan.

Don is a practitioner in Moreno's methods. Janet is a counsellor.

Koha gifts received.