



Enliven

Are you ready to step into your full potential?

Come along to our transformative group session where we'll guide you on a journey of self-discovery.

During this event, we'll create a supportive and nurturing environment where you can warm up to yourself and cultivate spontaneity, creativity, and resilience. Break free from limitations, unlock your inner power, and embrace the limitless possibilities that life has to offer.

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.



Join us and start living your best life.

Tuesday May 14th, June 11th & July 9th 6.30 - 9 pm

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

Leaders: Don Reekie, Janet Allan & Simon McLellan.

Don is a practitioner in Moreno's methods. Janet is a counsellor. Simon consults with organisations.

Koha gifts received.