

Soul Coaching for Samhain

Soul Coaching is a powerful programme that anyone can do. It is a process that takes you to your spiritual source and helps you find meaning and sacredness in your everyday life. It allows you to take an honest look at yourself and your life, release old negative patterns, get motivated and step boldly, joyfully and courageously into your future.

Deep within you is a special place that knows exactly what you need and yearn for. Soul Coaching helps you to clear away the mental and emotional clutter enabling you hear the whispers of your own soul.

Samhain marks the end and beginning of the Celtic New Year. It is a magical time of rebirth, a time for inner journeys and connecting to the wisdom within yourself. This is the ideal time to plant the seeds of your ideas ready for rebirth in the Spring. This is the time to prepare yourself for the new year ahead. Nurture your dreams, visions and ideas so that they can burst forth in Spring's increasing light.

Our journey together will begin on the evening of Friday 6th of November with registration and some gentle Do-In in the Yoga room. We will meet up for dinner at the fabulous restaurant and then it's an early night or perhaps time to snuggle up on the cozy couches in the lounge for a chat.

After a yummy breakfast, Saturday is Soul Coaching day. Working with the magical elements of Air, Water, Fire and Earth we will allow our Soul's voice be heard. I am a passionate believer that growth happens in joy and laughter so expect some giggles along the way!

We will finish up around 5.00 after which some people may want to stay another night and avail of some pampering in the spa. To view the facilities check out www.templespa.ie.

Course Details

When: Friday 6th and Saturday 7th November, 2009

Where: Temple Country Retreat and Spa

Cost:: **Option A €250**

This includes shared accommodation on Friday night in a contemporary room. Dinner on Friday night. Breakfast and lunch, teas and coffees on Saturday. All course materials.

Option B €295

As option A with the addition of a mini spa treatment on the Friday afternoon. You must book this treatment directly with the Spa. The spa is very busy so it is advisable to book your treatment as early as possible on 057 9335118.

Should you not want to leave, Temple are offering us a great deal on the Saturday night of €85 for B& B pps.

There is a supplement of €20 for single accommodation.

Payment:: This course may be booked through Temple Country Retreat and Spa or through Oak Whispers.

For booking and further information contact Temple Country Retreat and Spa on 057 933 5118 or contact Paula directly on 087 2486320, paulahughes9@eircom.net, www.oakwhispers.ie

About the tutor: *Paula Hughes BA, BMus, HDipEd, ALCM, LTCL, CSC, ADip RI.*

Paula Hughes is Ireland's only certified Soul Coach and has trained with Denise Linn in California. She is an experienced Feng Shui and Space Clearing practitioner and is deeply involved in the exploration and teaching of Shamanic studies. **"Paula is a remarkable and compassionate Soul Coach. She creates a safe and nurturing environment for discovering your soul's truth"**