

Oak Whispers presents



## What Floats Your Parachute?

Join me, Paula Hughes, the founder of Oak Whispers for this unique Soul Coaching event .

In these challenging times it is vital for us to nurture and support ourselves. More than ever you need a parachute to lift you up when you are feeling bombarded by the 'busy'ness of life.

A parachute will lift you up and give you a greater perspective on your life. From this vantage point you can view how all the pieces of your life fit perfectly together.

A parachute gives you perspective and support.

During this workshop you will explore ways of increasing your energy and vitality by supporting and nourishing yourself.

We will use Soul Coaching techniques to examine what 'Juices' your energy and what 'Zaps' your energy.

You will have the opportunity of deciding what steps you can take to diminish the 'zappers' and increase the 'juicers'.

**When: Monday 20th September**

**Where: 2, Norman Grove, Ratoath, Co.Meath**

**Time: 10.00 to 1.00**

**Cost: €50 (book this workshop and Shamanic Soul Coaching on 30th October for €80)**

**Booking is essential, so contact me today on 087 2486320 or email [info@oakwhispers.ie](mailto:info@oakwhispers.ie)**

**[www.oakwhispers.ie](http://www.oakwhispers.ie)**