

# Seminar and weekend workshop with Cecil and Bruhn



## Evening seminar - "Finding Truth Within", Brighton, UK

**May 28<sup>th</sup>, 2010, 7.30PM-10PM**

Being true to our Selves is one of the greatest gifts we can give both ourselves and the world. But finding enough courage and clarity to live that truth is difficult for most of us.

Why is that so? And how can we find new ways to express our true Selves?

In the seminar you will also experience new approaches to energy work, guided meditations and teachings based in presence and dialogue. Cost: £20 (concessions £15)



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## Weekend workshop – "The only Way Out is In"

**May 29<sup>th</sup>-30<sup>th</sup>, 2010, Brighton, UK, weekend workshop.  
Max 16 participants.**

Some of the themes we will explore are :

- How can you learn to truly trust life?
- How can you find a way to your inner powers?
- How can you tell the difference between "mind made" and "heart based"?
- What happens when you become Your Self?

In the workshop you will experience silent and guided meditations, teachings based in presence and dialogue, many tools for energy work and story telling about the journey inside.

For times, sign up and other details - see following page



### **Weekend Workshop details:**

Saturday 10AM-6PM, Sunday 10AM-5.30PM, please bring a lunch pack on both days - tea and coffee will be available.

Cost: £180 (concession: £150)

There is a maximum of 16 participants to ensure closer contact and a higher level of personal interaction.



### **Venue both events:**

Private house in Brighton near Queenspark, more details given when you sign up.



### **Teachers:**

Cecil and Bruhn, founders of Oneness Center, both entered the awakened state in 2004.

Since then they have conducted retreats, workshops and pilgrimages in Denmark, England, Scotland, Wales, Italy, New Zealand, Australia, Philippines, Peru, Germany and Austria.

For further info: [www.onenesscenter.org](http://www.onenesscenter.org)



### **To sign up**

for seminar or weekend workshop please contact Verena Moser: Tel 0044 (0) 1273 208481 / Mobile 0044 (0) 77177 47068 or email [verena.moser@btopenworld.com](mailto:verena.moser@btopenworld.com).

There will be a non refundable deposit of £90 for the weekend workshop. Your place is not secured until the deposit is registered. If you are suddenly not able to attend you can transfer your place to friends or family.

Send a check £90 payable to: Daniel Rounding, Bridge Cottage, 178 Henley Road, Ipswich, Suffolk, IP1 6TA. Ipswich (tel 01473 210090)

