

Weekend workshop in Normandy, France: Healing old emotional pain

Le Havre, 10th to 12th February 2017.

Workshop by Pamela Kribbe

French/English translation by Kate Bentley



Octeville-sur-Mer, Liberty Ship wreck

We will be offering a winter workshop in France, on the invigorating *Alabaster coast* of Normandy, near to the seaside town of Le Havre. In this workshop, fittingly located near to the infamous Normandy Landing beaches, we will address the question of how to deal with old emotional pain that prevents us from moving forward in our lives.

Often, people who are dedicated to self healing and spiritual growth find that there are persistent blockages and fears inside which seem impossible to let go of. These blockages may have deeper origins than your current lifetime and may result from previous incarnations. During the workshop, we will explore the following themes:

- The nature and origin of old emotional pain and trauma
- The importance of acceptance versus judgement
- The role of our soul plan in dealing with old pain
- How to address and heal old pain



Honfleur port

Pamela will offer several channelings, followed by Q&A sessions, in which each participant will have the opportunity to ask a question and receive a channelled answer. The channelings and Q&A will be supported by meditation and chanting provided by our hosts Willem and Sophie.

Workshop Details:

Price: 225€ per person
(does not include meals or accommodation)

Schedule: 4 workshop sessions
Friday 10th: 7pm – 9pm
Saturday 11th: 10am – 12:30pm / 7pm – 9pm
(afternoon free)
Sunday 12th: 10am – 12:30pm



Cliffs of Etretat

Info & bookings : Please contact Kate Bentley
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