

Co-counselling and “De-tox” Workshop 2012

Saturday evening 7th Jan 2012 to Tuesday 10th Jan 2012

At the Earthspirit Centre, Dundon, Somerton, Somerset, South-West England

Cost per person £185.00

You are invited to the seventh co-counselling and ‘de-tox’ workshop.

- Do you want to explore your emotional relationship to food, by noticing what happens when you cut out your usual 'comforts'?
- Do you want to try co-counselling while free from addictive substances ?
- Do you want to do a new year “de-tox” (dietary and emotional!), in the company of co-counsellors, with someone else doing all the food preparation?
- Do you want a January co-counselling residential, and are willing to try a different diet?

The residential will be run along similar lines to others, i.e: peer-led, workshops offered by participants - the only difference will be in the catering. The foods that we have asked Earthspirit to exclude for the three days are sugar, caffeine (tea and coffee), wheat, dairy, meat, fish, and eggs. There will be some suggestions as to pre-workshop preparation in order to wean ourselves off certain foods, eg: caffeine. The workshop is alcohol-free.

Accommodation is in a beautiful warm venue in a gorgeous setting, with hot tub. See: www.earthspirit-centre.co.uk for details and pictures.



Anyone who is currently suffering from, or has a history of cancer, kidney, liver, heart disease or any other disease, or is pregnant, should consult with a doctor before embarking on a de-tox.

For further information please contact

Sarah: tel 0161 445 2383 or Kate: mackechne01@hotmail.com

Co-counselling and “De-tox” Workshop 2012

FULL NAME: _____

Date: _____

ADDRESS: _____

POST CODE: _____

TELEPHONE evening: _____ day: _____

EMAIL _____ GENDER (M/F)

I have / have not attended a CCI workshop before
My Fundamentals teacher was _____
Year of Class _____

Accommodation is in twin bedded and multiple occupancy rooms, some with en-suite facilities (£15 supplement and allocated on first-come first served basis) and the centre is wheelchair accessible, with one accessible twin bedroom. A single supplement of £24.00 is payable if a single occupancy room is requested.

Room preferences e.g. sharing needs, same sex only etc.

The food is vegan, sugar, caffeine and wheat-free. Other dietary needs/allergies? (*Note - We cannot cater for dietary requirements such as meat/fish/dairy or wheat on this residential - you are welcome to make your own arrangements if that is the case, although individual special diets may incur extra charges, and the venue does not cook meat or fish*)

Payment: £50 non-returnable deposit secures your place. There will be a 10% surcharge for bookings made after 1st December

I enclose deposit/ full payment £ _____

Cheques payable: to **C Golten**,

Please post to: Flat 3, 40 Goulden Road, Manchester, M20 4ZF