

Self-indulgence is not Self-Nurturing! The most commonly asked question is, 'How do I Nurture myself?' Here is a WhatsApp Workshop that gives you ONE WAY - EVERYDAY that teaches you to nurture yourself, forgive yourself - not through the 'quick fix' of chocolate or a shopping spree (that only results in discontent, guilt and shame), but in practical ways that bring permanent emotional health and happiness. One small and simple step a day, everyday for 30 days, and you are well and truly on your way to permanent self-nurturing. Open to everyone, everywhere, or all ages.

Energy Exchange (to be deposited into the bank account)

Rs. 1500/- (plus taxes applicable) (For deposits through banks in India)

USD 45 (all inclusive) (For foreign remittances)

## **30-Day WhatsApp Workshop**



**Beginning  
1st November, 2017**

**Register:  
[ellaeenah@jadefirelight.com](mailto:ellaeenah@jadefirelight.com)**