

# From shame to self-love:

Shining a light upon the shadow of shame

*A weekend workshop of Kundalini Yoga and Shamanic Journeying*



**Have you been held back in your life by a crippling sense of shame?  
Do you hold yourself back from your dreams for fear of not being good enough?**

In this experiential workshop we will be working with the polarity of shame and self-love – exploring what it means to feel shame, how it holds us back in our lives, and how we can move through these difficult feelings to a place of self-love and being in tune with our heart's desires.

Using the tools of Kundalini Yoga and meditation and guided Shamanic Journeying and soul retrieval – we will engage with these themes on all levels of our being: spiritual, mental, emotional and physical.

**When?** ..... 18th & 19th April 2020, 10am-5pm

**Where?** ..... Centre for Counselling and Psychotherapy Education (CCPE),  
Beauchamp Lodge, 2 Warwick Crescent, London W2 6NE

**How much?** ..... Early bird fee of £185 (to be paid in full by 3 April);  
thereafter £210.

Places are limited; £100 non-refundable deposit required to secure space.

**What to bring?** Yoga mat (if you have one), blanket, cushion (if desired), comfortable clothing, note book and pen, small item for the shrine and photo of yourself as a child.

Facilitator: **Juliet Russell-Roberts** is a Transpersonal Psychotherapist, Kundalini Yoga teacher and Shamanic Healer. Further information is available on her website at [www.julietrussellroberts.com](http://www.julietrussellroberts.com).

**Contact Juliet on [julietrroberts@googlemail.com](mailto:julietrroberts@googlemail.com) or 07980 042 319 to find out more.**

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*'I am not what happened to me, I am what I choose to become.'*

- C. G. Jung