



SECRETS OF SPIRITUAL HEALTH AND HAPPINESS

A 6-session programme

*Spirituality may be described as
your natural connection with the
wonder and energy of life*



There's a wealth of evidence that spirituality can be good for
our health, happiness and wellbeing.

This short course is the result of ten years of research and development,
exploring the connections between spirituality and good health.

*Grounded in reliable physiology and psychology, this
'Spiritual Health Programme' is relevant to all those involved in health care.*

Professor David Peters MD, Centre for Resilience, Westminster University

The six-session course is not affiliated with any particular spiritual or religious tradition
and is open to anyone interested. It offers a gentle way to explore your own spirituality, develop
peace of mind and awaken to compassion - within a guided and supportive group setting.

*The Secrets of Spiritual Health and Happiness course also serves as the
induction module for the Level 3 Diploma in Practical Spirituality and Wellness.*

It offers benefits to enrich our personal as well as our professional lives -
discover how to bring these benefits into your life

Six 90-minute sessions **LIVE ONLINE** Tuesdays and Thursdays **7-8.30pm** **SEPTEMBER 2021**

TUESDAYS	THURSDAYS
SESSION 1 – Tuesday 7 September	SESSION 2 – Thursday 9 September
3 – Tuesday 14 September	4 – Thursday 16 September
5 – Tuesday 21 September	6 – Thursday 23 September

TUTOR: Angela Sellens Drake

Spiritual Health Mentor and Educator and member of the Spiritual Companions Trust

BOOKING FORM

Name.....

email phone

Course fee: £90 To Book – email this Booking form to: info@pathwaysreflexology.co.uk

- I would like to pay by electronic transfer - Please request payment details
- OR
- I enclose a cheque payable to **Angela Sellens Drake**
 - Post cheque and Booking Form to Angela at: 247 College Rd, Norwich NR2 3JD

For more information, a downloadable pdf and audio & video resources to support your spiritual journey:
<https://spiritualcompanions.org/secrets-of-spiritual-health/>