

# 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 **7.30-9pm** SEPTEMBER-OCTOBER 2023

**TUESDAYS 19 & 26 September & 3, 10, 17 & 24 October**

**TUTOR: Angela Sellens Drake**

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

### BOOKING FORM

Name.....

email ..... phone .....

**Course fee: £95**

To Book – email this Booking form to: [info@pathwaysreflexology.co.uk](mailto: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/>