

# Ready to live more?

Our monthly self-awareness workshops are warm and welcoming spaces to help you get more out of life.

## Host

Alexandra Terhalle

## Address

Alresford Wellness Centre, 14 West Street, Alresford

## Price

From £35/ Workshop

<b>January</b> Time to find your purpose	<b>February</b> Time to find your direction	<b>March</b> Time to find a new perspective	<b>April</b> Time to focus
<b>May</b> Time to be courageous	<b>June</b> Time to connect	<b>July</b> Time to get productive	<b>August</b> Time to relax
<b>September</b> Time to realise your potential	<b>October</b> Time to find balance	<b>November</b> Time to make an impact	<b>December</b> Time to enjoy the holidays

"I walk away each time a little more inspired and feeling like I have a lot more choice in my life"

**lifeclubs**

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