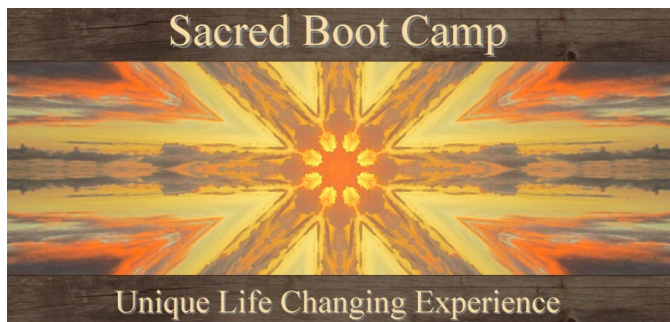


# CANBERRA 9, 10 & 11 MARCH 2012

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## ADVENTURES for your SOUL in Body, Mind and Spirit

You are a Soul incarnated in this physical body. Only a minority find Peace in Monasteries... While most of us live in this busy, challenging material world.

Yes, we can we balance our life today  
in our environment!

### What is "Sacred Boot Camp"?

We chose the name Sacred Boot Camp as we trust many seek to honour and discover their true physical, emotional and divine potentials.

**Sacred** = *you* awaken your divine potential, *you* honour your being into your Body, Mind and Spirit, *you* acknowledge the very essence of your being, *you* become who you truly are, *you* embark on your sacred quest.

**Boot Camp** = our training programs are fun and enjoyable, they are based on simple regular exercises and rituals for your Body, Mind and Spirit that become part of your daily life. Implementing empowerment, happiness and self-confidence.

Currently conducted on week-ends, from Friday evening through to Sunday evening.

[www.sacredbootcamp.com](http://www.sacredbootcamp.com)

**CANBERRA (ACT) 9- 11 March 2012**

Sacred Boot Camp **Level 1 SPECIAL OFFER FOR CANBERRA ONLY**

Instead of \$1,495 -> AU\$995 PER PERSON **ONLY**  
Shared accommodation and meals included

Call Roseline Deleu and book now 0412 717 454

- **Body – decoding the body language**
- **Mind – becoming aware of our words**
- **Spirit – connecting with our soul**

#### FRIDAY

Participants arrive between 18.00 and 18.30 for an evening de-briefing in Woden Check-in, welcome drink and orientation

- Share an evening meal together
- Meet and greet facilitators and all participants
- Debriefing of the week-end activities
- First steps towards welcoming our intuition
- Evening meditation

#### SATURDAY

- Sunrise Meditation and Ritual
- Gentle morning exercise for your body
- Healthy breakfast
- Observing our Fears and Emotional discomfort
- How does your Home and environment influence your life?
- Light Healthy Lunch
- Digestive positive walk
- Scheduling easy Spiritual Suggestions in our daily Life today
- Honouring the Sacred in us
- Sunset Meditation and Ritual
- Healthy Dinner
- Intuitive games and play
- Individual Hands-on healing sessions
- Evening meditation

#### SUNDAY

- Sunrise Meditation and Ritual
- Gentle morning exercise for your body
- Healthy breakfast
- Mapping challenging words.
- Unravelling our body language
- Light Healthy Lunch
- Laughter session BYO jokes
- List of daily easy exercises for your Body, Mind and Spirit after this week-end
- Detaching meditation
- Farewell at 04.00 PM

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Ask for your enrolment form call 0412 717 454  
or email [roseline@fengshuisteps.com](mailto:roseline@fengshuisteps.com)