



"Plant Life" copyright 2005- 2009
by Roslyn McGrath

THE CHOICE TO FEEL WORKSHOP SERIES

7th – 11th December 2009
Ayrshire, Scotland

with Kate Rose
hosted by Carla Baldwin

“Discover the missing link that points to the path of freedom, ease and softness throughout our entire body/mind system.”

3-Day Workshop on Mind-Body Integration

Have you or someone you know ever experienced chronic pain but orthodox & alternative treatments have failed to resolve it? Are you interested in exploring the relationship between pain and emotions? Science has now uncovered neuro-pathways and peptides in the brain which support the idea that feelings are real (i.e. made of actual matter) and that they affect our physical being. Blushing, butterflies in your stomach and tears are all physical symptoms that are generated directly through thoughts, feelings and emotions; can you imagine what other feelings and emotions do to our system? In this workshop we will explore the significant relationship of the mind/body and the effects they have on each other using a variety of tools including movement awareness exploration, dialogues, group discussion, journaling and creative imagination. Discover the missing link that points to the path of freedom, ease and softness throughout our entire body/mind system.

“Like light, emotions exist both as energy and matter, in the vibrating receptors on every cell in the body.”
Candace Pert, PhD

“In many cases merely acknowledging that a symptom may be emotional in origin is enough to stop it.”
Dr. John Sarno

“Everything starts in the mind.”
Dr. Milton Trager

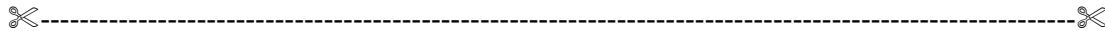
Workshop Retreat in an Historical Scottish Country Mansion



Fresh, whole & homemade foods will be prepared (breakfast, lunch and dinners) on all days. Special dietary requirements can often be accommodated.
PTO for Booking Information→

Kate Rose has been a practitioner of the healing arts for over 30 years and is renowned for her work world-wide. In addition to her "Choice To Feel" Workshop Series, she is an Instructor of the TRAGER Approach, Movement Education & Mind/Body Integration. Her gifts of understanding how each individual learns and her complete faith in each person's ability to, at their own pace, discover themselves in an ever deeper way, along with her patience and humor create a dynamic learning and healing environment of self discovery. Please visit www.thechoicetofeel.com for more information. Kate can be contacted for private appointments by email at: katerose7@gmail.com. For enquiries about these workshops you can contact Carla Baldwin on tel: 0141 562 0517 or email: info@info4health.biz.

- Full cost of workshop, room & board for 4 nights: £495 per person (maximum 9 spaces based on 2 people sharing one room with two single beds)
- Discount available for couples: £900 per couple (maximum 1 couple in one double room with double bed)
- **Workshop only** not including room and board but does include lunch and coffee/tea breaks: £350 per person (maximum 2 spaces)
- CPD points for workshop: 21
- No previous training is required to attend this workshop



Booking Form

Name _____ Telephone _____

Address _____ City/Town _____

Post Code _____ email _____

Please tick all that apply:

- I am attending as a single individual
- I am attending as a couple (please indicate both individual's names and contact details above and remember the couple booking is subject to availability)
- I am attending the workshop only (8th-10th Dec) and do not require room and board in the mansion
- I have special dietary requirements which are (please be specific and thorough): _____

I have enclosed a cheque for:

- 50% non-refundable deposit to reserve my space (Balance due 25th November 2009)
- Full payment to finalise my booking

Please make cheques payable to: Carla Baldwin and post with your completed booking form to: 21 Colmonell Avenue, Glasgow, G13 4BB. Please book early to avoid disappointment as spaces are very limited. Once we receive your booking, we will send you an information pack