

INSPIRED TRAVELLER

freedom

• from your

inner. .
critic

A ONE-DAY
WORKSHOP

Your inner critic probably needs no introduction: it is that *voice* or *presence* that insinuates—or boldly asserts—that you are deficient in some way. It fuels self-doubt, undermines relationships, promotes perfectionism, can be paralyzing, isolating... and just plain misery making.

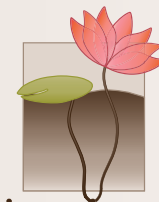
If you relate to this and want to reclaim some of the lightness, ease, vitality and good sense of self your inner critic may be robbing you of, this workshop is for you.

You will become intimately familiar with the origins, strategies and purposes of your inner critic. You will also meet its allies; find out what supports and undermines it; develop some ways to challenge

its authority; and connect with a more caring inner presence.

Facilitated by **Adrian van den Bok**, an experienced psychotherapist, clinical supervisor, lecturer and workshop leader.

\$140 (including GST) per person
Theosophy House, 484 Kent Street, Sydney
Sunday, 6 June 2010 (10am – 5pm)



inspired
traveller
spaces to retreat, reflect, restore