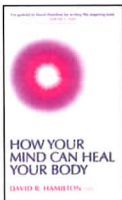


3 amazing, life-changing weekends



In a rare opportunity to work with Dr. David Hamilton, PhD., in a residential retreat setting, you will learn the power of the mind to heal. You'll learn all the ways in which the mind impacts the body and how life is interconnected. David uses compelling scientific evidence and real cases to show how you can use your mind to heal yourself and others.

Dates: 19th and 20th September 2009 at Tofte Manor, near Bedford.



John C. Parkin, bestselling author of "F**k It: The Ultimate Spiritual Way" and Gaia Pollini, will be bringing their unique teaching to a unique event. The "F**k It Mystery Weekend" offers you the opportunity to say 'F**k It' right from the off, as we will be asking you to turn up at a meeting point with your passport and an open mind. You'll then be taken to a mystery destination where you'll experience John and Gaia's powerful and life-changing teaching of the now-famous F**k It philosophy.

Dates: 26th–28th March 2010.



This workshop is presented by Diane MacDowall and Andrew Nicholson who are licensed and approved by Susan Jeffers. The workshop is based on Susan's international best-selling book. *Feel the fear and do it anyway*® is for anyone who is allowing fear, doubt, worry or anxiety to reduce their effectiveness and enjoyment of work and life.

This workshop has changed hundreds of lives.

Dates: 24th and 25th October 2009 at Tofte Manor, near Bedford.

At **Outside the Asylum**, we find the very best teachers and create a chance to step, for a little while, outside the asylum that is modern life.

We choose venues and teachers for our events that we have found to offer real, life-changing opportunities... and they're fun, too!



Outside the Asylum

See

www.outsidetheasylum.eu
for full details

inspired by 3 amazing, life-changing books