

Loving yourself  ...even more



Reclaim your

life...

Live your

magnificence



Workshop based on the philosophy of Louise L. Hay

Journey deeper within to release, forgive, heal, love and grow. Allow the delightful being that's bubbling within you to emerge. Experience the splendour of your own magnificent spirit as you love yourself ...even more.

Course Leader: G.L. Sampoorna is a counselling psychologist with 27 years of experience in counselling, training and mind coaching. She has been involved with more than 20,000 people in their journey to personal growth. Besides her significant professional contribution she is actively involved in welfare and development work and is committed to working towards the upliftment of underprivileged women.

Practicing the principles she teaches, Sampoorna is able to bring a balance of work, prosperity, success, friendship, rest and leisure into her life. She travels widely and devotes time to creative pursuits like painting and writing.



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