

Empowering course to change lives

A 10 WEEK course commencing on February 20 is being targeted at people who want to make positive changes in their lifestyles through the Louise L Hay programme.

By **ANN MURPHY**

The course is being run by Carolyn Curtis of Empowering Workshops who opened her business after coming across the Louise L Hay programme while seriously ill. As she explains herself, "They say when the pupil is ready the teacher appears. After my second bout of pneumonia about nine years ago my health appeared when I was mentally and physically about as low as I could go. The teacher appeared in the form of a wonderful book called *Heal Your Life* which was written by a wonderful woman called Louise L. Hay, a metaphysical counsellor, lecturer and shop leader."



Carolyn Curtis

Having trained as a aromatherapist, Carolyn felt that she needed to improve the quality of people's lives. She is trained with the Louise L Hay Institute. She has been teaching since 1995. Empowering Workshops offers weekend workshops and courses. Carolyn explains, "I am running a 10 week course in Cork, beginning on Wednesday, February 20th."

The course is suitable for anyone who wants to make positive changes in their life. The only requirement is a desire to change negative patterns and a willingness to participate in these evenings with honesty and commitment.

Carolyn says that the ideal number of participants in such courses is between 10 and 15. The upcoming course is already booked out. "It is fantastic - there has been a great response. We were on *Open House* on television last week," she said.

The course takes place between 7.30 and 10 pm at the Cork Heritage Park in Carrigrohane. It costs €285. Contact Carolyn on 087 933 1111 or e-mail carolyncurtis@eircom.net.