

**Are you Feeling overwhelmed,
overscheduled,
and unfulfilled?**



*Discover how you can transform
your relationship with time*



Tools to harmonize your life



Armiele


Trained in Expressive Arts Therapy and energy healing, Armelle Lefebvre offers workshops on various well-being themes for groups of up to 12 people.

During these workshops, she helps participants reconnect with their body, mind and inspiration to achieve a sense of greater balance.

These participatory group workshops aim to disconnect from external constraints, take care of one's needs, and open one's mind to the possibility of change.

To have fun, discover oneself, experiment and try something new.

To make choices for oneself, and take the time to live life with more vitality.



In half a day, Armelle's workshop "**Transforming our relationship with time**", gives you the assets to help you regain your vitality, your inner strength, your intuition and to develop confidence in your own wisdom.

*"Yesterday is but today's
memory and tomorrow
is today's dream."*

Kahlil Gibran



After welcoming each participant, Armelle gives a short presentation of her background, followed by the objectives and agenda for the training.

She then leads the group through a series of practical questions and answers, individual or small group hands-on exercises, interspersed with reflection and sharing between participants. The workshop concludes with a time of sharing with the entire group.

In the “**Transforming our relationship with time**” workshop, you will discover simple tools to:

- ◆ Feel less stressed and more purposeful
- ◆ Transform your time perception
- ◆ Change your relationship with time
- ◆ Prioritize experiences that truly bring you joy
- ◆ Find ease, acceptance, and grace in each moment – no matter what is going on around you
- ◆ Learn to ground yourself in the midst of our lives’ multiple demands and pressures
- ◆ Look back on each day with a sense of accomplishment and gratitude



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Plant a seed of well-being and discover love in action

Other themes being offered:

- Discovering resilience
- Taking loving care of yourself
- Gentle stretching
- Finding your own rhythm and improving your energy
- Developing your creativity
- Removing distractions and focusing on the real
- Self-discovery and finding your life purpose
- Experience of living abroad and returning home

Armiel also offers:

- Individual art therapy counselling sessions
- Well-being coaching
- Zero Balancing® sessions for deep relaxation
- Clearing cellular memories with SuperCoherence frequencies®

Need more information?

Please contact:

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