

# Using creative visualisation meditation to Create Your Day!

**Do you want to wake up and set your day on purpose?  
You can, with this powerful meditation!**

**When:** Starts Tuesday November 25 2008  
Tuesdays & Fridays for 4 weeks @ 7.30am-8.30am  
**Where:** Prana House 1/885 High St Thornbury  
**Web:** [www.createyourday.com.au](http://www.createyourday.com.au)  
**Enquiries/bookings:** 0423 646 724  
**e:** [jenny.createyourday@gmail.com](mailto:jenny.createyourday@gmail.com)  
**What to bring:** your Self & an open mind!  
**Fee:** 4 week course(8 sessions): \$100



*"Imagination is everything.  
It is the preview of life's  
coming attractions."  
- Albert Einstein*

## What is Create Your Day?

Create Your Day is about creating your day ahead with the power of your thoughts and images. This meditation aims to invite you to experience how powerful positive images embedded in our minds each morning sets and energizes the day ahead to be a joyous one.

## What can I expect?

Jenny will gently guide you by softly whispering words, evoking images to relax you and see yourself anew. The session runs for approximately 60 minutes. You will be sitting on comfortable chairs.

## How is it different from Meditation?

It is a form of creative meditation where stillness is achieved enhanced with guided creative imagery.

## About Jenny

Jenny is a qualified Bowen Therapist & the creator of Bowvis® (Bowen with visualisation). She has developed her own unique method of creative visualisation through her daily practice and personal spiritual journey towards inner happiness and peace.

**Please contact Jenny by email/phone to register your place.  
Payment on day.**

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