



Personal Development Workshops INFORMATION BROCHURE



Novalis Ubuntu
INSTITUTE
Holistic Adult Education



**Personal
Development**



021 797 1857

to register contact :

blissing@novalis.org.za

www.novalis.org.za

The Domed Building on Rosmead Ave
next to the Wynberg Swimming baths

Facebook - PersonalDevelopmentNovalisUbuntu

WORKSHOPS

The Novalis Ubuntu Institute provides facilitators and organizations with an appropriate working environment to hold courses and workshops focussing on personal development and conscious awareness.

If you are looking to bring new inspiration into your life, whether you are in business, the healing professions, education or a non-profit organization, the workshops and courses held at The Novalis Ubuntu Institute provide adults with an opportunity to explore, learn and develop through holistic and progressive processes.

Journey To Balance

Join Loraine Magda on this exciting course about integrating and balancing your Inner Feminine (Yin) and Inner Masculine (Yang) as we enter a New Era of higher consciousness. This course offers cutting edge insights and will help you navigate life more easily, generate more abundance and success, and vastly improve your relationship with yourself and others.

Starts 1st March
Loraine Magda

Take the Brakes Off!

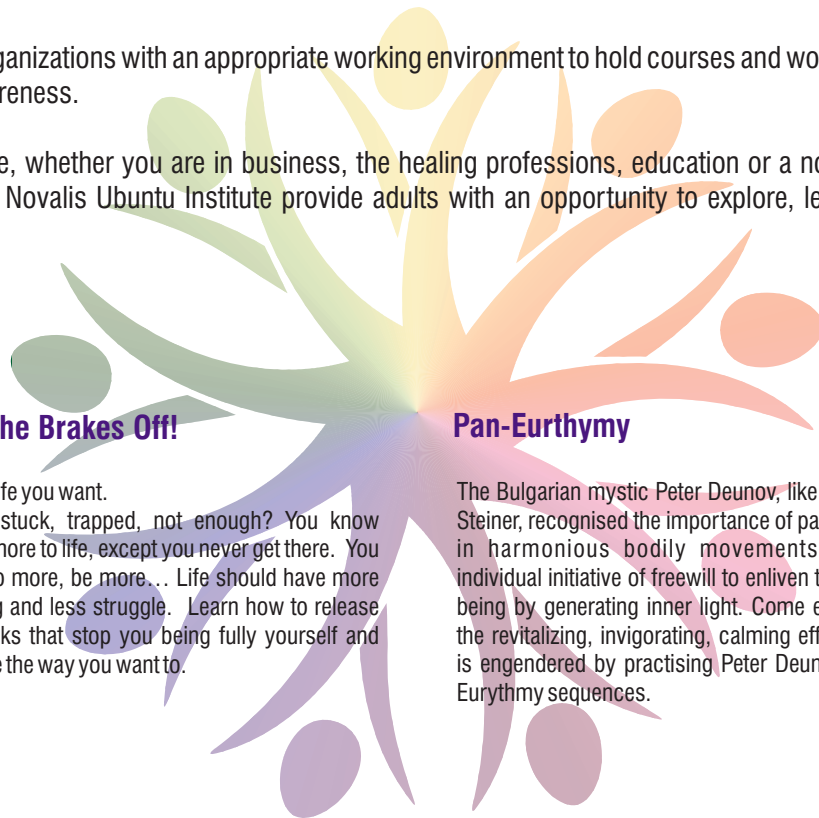
Get the life you want. Feeling stuck, trapped, not enough? You know there's more to life, except you never get there. You could do more, be more... Life should have more meaning and less struggle. Learn how to release the blocks that stop you being fully yourself and living life the way you want to.

Starts 2nd March
Marion Nixon

Pan-Eurthmy

The Bulgarian mystic Peter Deunov, like Dr Rudolf Steiner, recognised the importance of participating in harmonious bodily movements through individual initiative of freewill to enliven the human being by generating inner light. Come experience the revitalizing, invigorating, calming effect which is engendered by practising Peter Deunov's Pan-Eurthmy sequences.

Starts 3rd March
Aniela Raaths



The Egyptian Cosmo - Conception

The epoch we live in is a mirror of the great Egyptian era. Many of the mysteries enacted in the ancient temples are now part of the inner life of modern humanity. Through these mysteries the mother goddess now stirs the desire for an inner soul awakening to once again know spirit worlds through the divine feminine.

A series of informative and inspirational talks.

Starts 3rd March
Ralph Douwe Raaths

Conflict Wholeness

Are you arguing with everybody around you and getting nowhere or are you biting your tongue just to keep the peace?

Conflict has the ability to colour our whole day gray. It gnaws at our insides and frays our relationships. You can't escape conflict but you can learn tools and strategies to help you handle yourself and the situation in a way that promotes wholeness and resolution instead of going round and round in the same circle.

Sat 11th March
Naëtt Atkinson

Financial Wellness

Do you feel overwhelmed by your financial situation?

Are you outsourcing your financial decisions?

Do you need more financial confidence?

If you answered 'yes' to any of these questions, then this **workshop** is for you!

In just **one morning** you will learn how to get closer to your finances in a holistic practical way that gives you hope and leaves you empowered to make confident decisions and change your financial wellness.

4th March
Naëtt Atkinson

Metaphysics 101

These classes take place over three Saturday's from 9-30am to 4pm. In these Workshops we will explore our belief systems and experience them from another perspective. Our perceptions about our reality will shift as we go deeper within ourselves and The Divine Plan.

Starts 11th March
Diana Smith

Meditation The 'Portal' to Inner Worlds

Just 15 minutes per day over a period of time will change your perception of your outer world.

Meditation is an accumulative effect, so the more you practice, the more profound the experience.

The anxiety and fear of living in this 3 dimensional world will dissipate as your vibration rises and the mundane things that got you down in the past will not impact you nearly as severely as they did prior to starting a daily meditation practice.

Starts 7th March
Diana Smith

The Midlife Mojo Makeover

This course is for people in midlife - 35 to 50'ish, facing tough life challenges and changes.

The course helps people to become comfortable with change rather than be overcome or endangered by it. It addresses unconscious patterns of thought, emotions and behaviour that hinder growth and helps people align their lives with their deepest values, live more consciously and with purpose.

Starts 18th March
Corne McKenzie

The Creative Field Transformation Circle

The Creative Field is a Global network of people committed to the evolution of consciousness. A Field of collective awareness of the transforming, healing spirit of Love which is inherent to all people. A context for engaging with other people in our individual awakening, learning and service.

28th March
Howard Goodman

Eat. Love. Move – Create your Personalised Blueprint for Health

Digestive issues, overweight, cravings, low immunity and feeling run down? Want to improve your health, but need guidance and clear steps to achieve this? In our 6-week programme you'll enjoy the benefit of interactive group work AND two health coaches who'll support you in quickly realising your personal wellness goals!

Starts 26th April
Liesl Vlojen & Karen Liebenberg

Awakening To Imagination

The purpose of suffering lies in the nature of Catharsis – The Soul experience of pain and struggle is brought forward by a Global Shift in Consciousness. The intellect alone precipitates apocalyptic soul conditions. Love Wisdom is the Modern Initiation which demands imaginative thinking and Knowledge to meet the modern pain dilemma.

A series of informative and inspirational talks.

Starts April 21st
Ralph Douwe Raaths

An Introduction to Attunement

Attunement is both a way of Being, a spiritual practice and an energy healing modality. It brings the healing power of Love to the physical, emotional and mental dimensions of being and spiritual alignment to body mind and heart. You will learn a map of energetic gateways present in the human body and the foundational principles essential in working with another to open these gateways. As well as techniques and practices to sustain the attunement experience in daily living.

Sat 6th May
Howard Goodman

Writing As Therapy Course Address, Heal, Create, Process

We all have a story to tell but fear and our inner critic stops us from sharing who we really are. Writing as therapy will help you find out what you want to write, learn how to unlock blocked memories and document your stories to reflect who you truly are. This course will focus on helping you let go of stories that no longer serve you and will give you tools to both heal yourself and help others heal.

Starts 24th April
Amy Kaye

Letter Writing Workshop Dear 2017

When last did you receive or write a hand written letter?

Dear 2017 is a fun and cathartic one day letter writing workshop designed to help you acknowledge where you have come from, reconnect to yourself and the important people in your life, let go of past hurts and express your gratitude to the people who have made an impact in your life.

7th May
Amy Kaye

CALENDAR

[Journey to Balance Thrive by balancing your Inner Masculine & Feminine](#) – Wednesday Evenings - March 1st to April 5th

[Take the Brakes Off! Get the life you want](#) – Thursday Evenings - March 2nd to April 6th

[Pan-Eurythmy](#) – Friday Evenings - March 3rd to May 26th

[The Egyptian Cosmo-conception](#) – Friday Evenings - March 3rd to April 7th

[Financial Confidence](#) – Saturday March 4th

['Meditation The Portal to Inner Worlds](#) – Tuesday Evenings - March 7th, 14th 28th

[Conflict Wholeness](#) – Saturday March 11th

[Metaphysics 101](#) – Saturday March 11th, April 29th, May 20th

[Midlife Mojo Makeover](#) – Saturday March 18th, Saturday April 29th, Sunday April 30th, Saturday May 20th

[Creative Field Transformation Circle](#) – Tuesday Evenings March 28th, April 20th, May 30th

[Awakening to Imagination](#) – Friday Evenings April 21st to May 26th

[Writing as Therapy Address, Heal, Create, Process](#) – Monday Evenings April 24th to May 29th

[Eat. Love. Move. Create your personalised blueprint for Health](#) – Wednesday Evenings April 26th to May 31st

[An Introduction to Attunement](#) – Saturday May 6th

[Letter Writing Workshop](#) – Sunday May 7th



FACILITATORS

“We are a change making community. A community that takes responsibility for our own personal growth. And when we grow we scatter the seeds back out into the community for others. This is the basis for the Personal Development Programme at The Novalis Ubuntu Institute. This is a community programme, developed together as a community, run together as a community.”



Aniela Raaths

A passionate teacher and facilitator of Pan-Eurythmy, Eurythmy and Waldorf pedagogy. After completing her four year training in Dr Rudolf

Steiner's system of Eurythmy. She immediately started to teach in the Waldorf school movement and become acquainted and experienced in teaching all aspects of Waldorf Pedagogy, including class teaching. She broadened her horizons by studying the Neo Theosophical streams of Ascended Master teachings which included Peter Deunov's Pan-Eurythmy.



Corne MacKenzie

Corné is a qualified executive coach and adult educator.

For more than a decade she's helped people with midlife challenges to makeover their mojo.”



Diana Smith

Almost 20 years ago I began formal training in Metaphysics, Meditation, Energy Healing, Reiki, Chakra Balancing, Bodywork, Metaphysics,

Earthmagik, Space Clearing, Colour Therapy, Enneagram, I-Ching, Channeling, Tarot, Soul Retrieval, Past Life Regression, HiddenMind and Bio Energy.

I represent the HiddenMind Institute in South Africa and also the Living Threads from Australia.



Amy Kaye

Amy Kaye has been involved professionally in the creative arts since she was a child in theatre, radio and film and is a published writer and poet. She

is the founder of Write On! which specialises in helping people unblock themselves creatively, get past psychological fears, tell their story and find their voice through writing.



Howard Goodman

Howard has awakened to the power, purpose and work of true identity, his mission is to assist individuals and groups embrace true identity and awaken to the

wisdom and intelligence of Universal Being in everyday living.

Howard is a Spiritual Teacher & Counselor, Attunement practitioner, transformation facilitator.



Marion Nixon:

Marion is a Personal Change Agent.

Healing my childhood trauma has made me passionate about helping others live there more -

more self, more life, more love.

Advanced Emotional Freedom Technique Practitioner, Matrix Re-Imprinting Practitioner, Craniosacral Therapist, Aromatherapist



Liesl Viljoen and Karen Liebenberg
Health Coach SA

Liesl Viljoen and Karin Liebenberg are both qualified Integrative Nutrition Health Coaches. Their passion is to empower individuals to take charge of their health and to inspire life-long wellness transformation.

Liesl Viljoen & Karen Liebenberg



Naëtt Atkinson

Naëtt Atkinson is a mediator and mentor with 30 years' experience in the Corporate, NGO and Education sectors. Her focus is on teaching individuals and

communities Financial Confidence and Creative Conflict Resolution.



Loraine Magda

Loraine Magda is an alumni of the MA in Consciousness Studies degree at John F. Kennedy University in California.

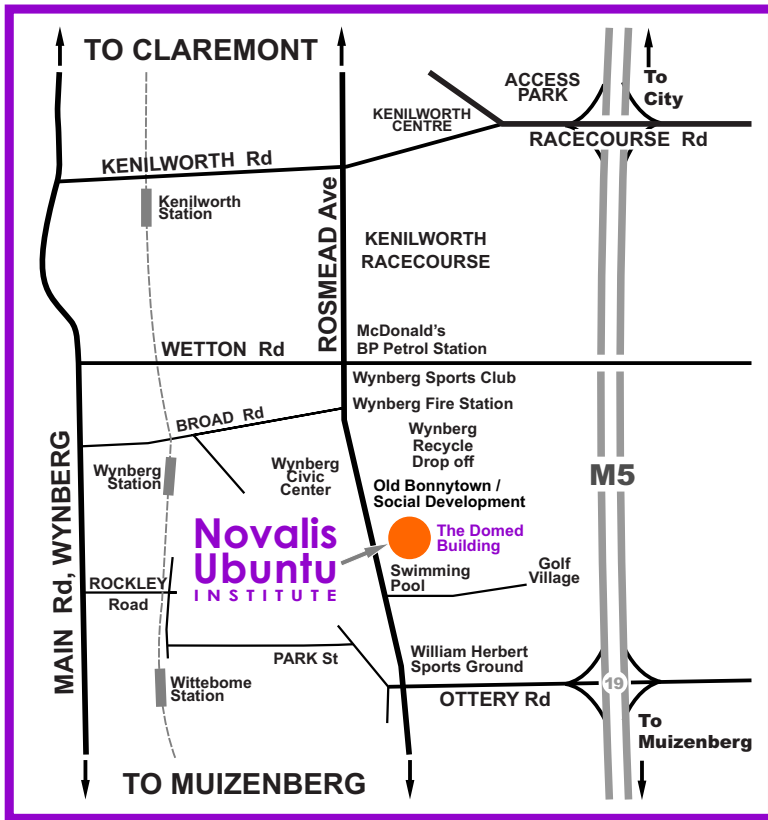
She is an author, speaker and coach who resides in Cape Town, South Africa, with her husband and their three cats. Loraine also teaches a course in conscious leadership to MBA students at the Nelson Mandela Metropolitan University. She believes that life is a journey of self-discovery and positive, creative self-expression.



Ralph Douwe Raaths

Ralph Douwe Raaths was born in Luzaka, Zambia – June 1950. He was the co-founder of the Viva Youth College and worked as

Program Director for the 'upliftment' of persons suffering from a range of mental disorders. Ralph has worked in commerce and has a passion for human-scale frameworks that support the learning process. He is an accomplished lecturer and teacher with extensive experience spanning over 30 years.



Directions to The Novalis Ubuntu Institute:

Please forward these directions to all your participants.

The Domed Building, Rosmead Avenue, between Wetton and Ottery Roads. Next to the Municipal Swimming Pool & the Golf Village, Wynberg, Cape Town.

GPS Device Glitch

Please note that our physical address takes you to Kenilworth and not to the Novalis Ubuntu Institute in Wynberg. Only use the co-ordinates listed below when using GPS Devices.

