



Deep Release

training counselling

Trainers: Julie Timm and Deep Release Team

A chance to attend fascinating and invaluable training days in the South West!

Shipham Village Hall, North Somerset

(www.shiphamhall.co.uk)

easily accessible from M5/A38

Tuesday 20th July 2010: Anger Workshop



Learn how anger gets blocked, often causing sickness and depression... how emotions can be repressed in childhood... how to release angry feelings safely. This day will also look at some interesting spiritual dynamics, and includes practical exercises and demonstrations.

Saturday 6th November 2010: Gestalt and Body Work



This lively, interactive day includes how to work with unfinished business held in the unconscious but revealed through our dreams and our bodies. A lively practical workshop including chair work, guided imagery, the Cycle of Experience, boundaries, and how to work with dreams and how to get breakthroughs when counselling is 'stuck'.

Cost: £55 per day £100 for 2 days

Each day will start with coffee and registration at 9.30am and finish at 4.30pm.
All drinks provided during the day but please bring your own packed lunch.

To book contact Julie Timm on 01934 844721 timmjulie@yahoo.co.uk

Deep Release Ltd
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timmjulie@yahoo.co.uk

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 01934 844 721 info@deeprelease.org.uk www.deeprelease.org.uk

Booking Form

		Date	
Your details			
Tel No		Email	

We confirm that we have reserved a place for you on the following course.
Directions to the Shipham Village Hall are overleaf. Please note that you will need to bring your own packed lunch
– drinks are supplied.
For any queries please contact Julie Timm on 01934 844721.
We look forward to seeing you and hope that you enjoy the training.

Date of Course	
Course Title	
Location	Shipham Village Hall, New Road, Shipham BS25 1SG
Basis	Day course and drinks
Start/End Times	09:30 for 10:00 prompt start; finish 16:30

PAYMENT DETAILS <i>CHEQUES PAYABLE TO JULIE TIMM, PLEASE (sent to Croft, Shipham Lane, Star, Winscombe, BS25 1PT)</i>	£
Full Cost of Course	
Less Payment Received	
Balance to pay	

Cancellation received less than 4 weeks prior to course start date: 50% of fee payable
 Cancellation received less than 2 weeks prior to course start date: 75% of fee payable
 Cancellation received less than 1 week prior to course start date: Full fee payable
 Deposits are non-refundable, non-transferable.

OFFICE USE ONLY: Bursary Deposit

Shipham Village hall website www.shiphamhall.co.uk

From North: M5 Junction 21

Take exit towards Weston-Super-Mare

Immediately off Motorway take exit marked Banwell A 370

At roundabout take exit A371 (marked to Wells)

Go through Banwell (narrow one-way High Street)

Go through Winscombe

Turn left onto the A38

After about 1 mile turn right (Broadway) to Shipham

In Shipham turn left and the village hall is on the left just after the Beech Road junction on the right

From Bristol:

A38 go through traffic lights at Churchill

Take next left fork at the petrol station to Shipham

Village hall is on the right immediately after the 30 mile hour speed limit sign

From South: M5 Junction 22

Take exit towards Bristol on A38

Continue on A38 past the turning on left for Winscombe

After about 1 mile turn right (Broadway) to Shipham

In Shipham turn left and the village hall is on the left just after the Beech Road junction on the right

From Taunton

A38 as above



[Map showing location of Shipham Village Hall](#)