

# “Break Through the Illusion”

## 5-Day Ego Release Workshop

Vale Centre, Somerset, UK

Friday 19<sup>TH</sup> June - Wednesday 24<sup>TH</sup> June, 2009

[www.valehealing.co.uk](http://www.valehealing.co.uk)

### Are you ready for the One miraculous solution?

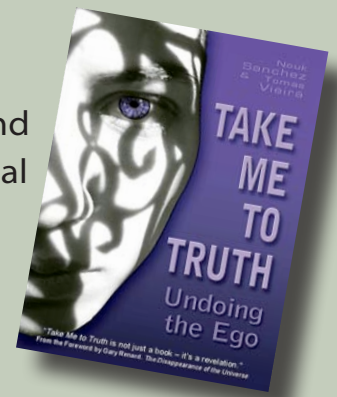


Tomas Vieira & Nouk Sanchez

- Discover the P.I.Q. formula and how it can eliminate fear and guilt
- Discover why Conscious Love can never end & learn how to make it your reality
- Discover the Miraculous “Six Stages of the Development of Trust”
- Discover how Quantum Forgiveness works miracles in every facet of your life

### Undoing the Ego — Workshop Outline

Based on their best-selling book, *Take Me To Truth, Undoing the Ego*, and inspired by *A Course in Miracles* Tomas Vieira & Nouk Sanchez will reveal why you will never consistently experience what you really want until the “one” unconscious saboteur is revealed and released! Through a mix of delivery, reflection, journaling, experiential exercises, much laughter, and discussions, you will learn to recognize the extent of the ego’s role in your conscious and unconscious mind and how to initiate your release from the only barrier to consistent peace, love and happiness. If you’re done with seeking, suffering and pain, then you will find Truth at this workshop.



[www.takeMeToTruth.com](http://www.takeMeToTruth.com)



# *an extraordinary learning experience*

Discover and re-connect  
with the real and timeless you

## *testimonials*



Presenters: Nouk Sanchez, Tomas Vieira, Charlotte MacCaw (host),  
Yvette Richards and Rev. Sarah Cox.

- “I just wanted to say again - THANK YOU!!! Your workshop this last weekend takes the cake. Just watching the two of you present the workshop was amazing - the Love you share, the genuine courtesy as you both share the concepts is phenomenal. It was watching human beings operating in an awakened state. The lightness, the laughter. It was the most practical workshop I have attended - bar none!” *Namaste. – Brad*
- “You share from the place of a dear friend who is a few steps ahead of me holding out your hand, assuring me that all is well and we will reach our goal. Thank you!” *– Connie, Denver Colorado.*
- “It was a highly creative, authentic process. Your collaboration really allowed for the expression of the dance in it’s highest form.”
- “What teamwork -- the book and the workshop together make for a truly “enlightening” experience!”
- “I found it amazing how much more impactful it was to hear these timeless principles taught by people who’ve lived it.”
- “It brought the process of spiritual awakening down from the high and unattainable place right down into my lap; into the chaos and confusion of my everyday life and in the only place where real change can be affected.”
- “The Nouk and Tomas weekend is one of the most spiritually significant seminars I have ever attended and deeply appreciated on many levels!” *– C. Heitsch, Portland, OR.*

## *supported by*

**The Rev. Sarah Cox** A *Course in Miracles* Teacher, Spiritual Counsellor, Healer, Founder/Teacher of the Satvik Training School [www.satvikenergytherapy.com](http://www.satvikenergytherapy.com). Sarah Cox will show you how to link with the “One Mind” for direct communication to God. We are all psychic intuitives but have usually forgotten how to use this ability as we grow into adulthood. Opening your psychic abilities enables you to make choices based on truth for the good of all. As you clear the clutter of the ego mind you will experience yourself as a visionary and co creator of your destiny.

**Yvette Richards** Founder/Teacher of the Satvik Training School. Yvette is an experienced counsellor, teacher, ACIM student/ study group leader and facilitator of *The Work* of Byron Katie. *The Work* of Byron Katie is a profoundly simple yet powerful process of enquiry that clears the mind. It is a way to identify and question the thoughts that cause all the suffering in the world. During this workshop Yvette will spend one day showing you how to integrate *The Work* into your lives; enabling you to transform stressful thoughts into peaceful ones and breakthrough the illusion of a pain filled world. [www.thework.com](http://www.thework.com)

[www.valehealing.co.uk](http://www.valehealing.co.uk)

### **Enquiries and bookings (early-bird reductions):**

Charlotte, Vale Centre, The Courtyard of The Manor House,  
Stoke Trister, Wincanton, Somerset, BA9 9PH Tel 01963 33360

Set in 70 acres of woodland, farms & springs, stunning location,  
fantastic food. 2 hours from London by road or rail. 1 hour from  
Bristol. Accommodation on site [www.valecottages.co.uk](http://www.valecottages.co.uk)

