

# Beyond Paradise Workshop

Presented by Dr Susan Musikanth



**SATURDAY**

**9.00 AM TO 5.00 PM**

**I look forward to welcoming you to this workshop where I know that you will leave with abundant gifts unique to your own journeys.**

## THE STORY

It was only once Beyond Paradise was completed in 2003 that I realised, besides being a beautiful holiday home for friends and family, it would provide the perfect space and energy for a healing sanctuary.

## THE WORKSHOP

I realise that this calming place with beautiful views needs to be used to its fullest potential. I have learned, in my life, to listen very carefully to my strong 'gut' instinct. To this end, I am inviting special people to share what I have to offer as a counselling psychologist within the context of my space.

There will be tea and coffee mid-morning, a light lunch and again tea and coffee in the afternoon.

The workshop will focus on using creative and practical skills to identify those challenges which each member of the group has faced and possibly is still facing, at this time of their lives. To this end, both discussion and clay modelling will be used.



Then Deep Muscle Relaxation with Creative Visualisation will be offered, a few times throughout the day. This is my special trademark. It is a skill and a tool that works immediately and lasts a lifetime. This is where the focus would be to both relax and/or to remove pain. We work to lower the anxiety associated with life's challenges; whether related to illness or injury, past or present, loss and/or other life events that have been present to block the flow of life.

I have shared this skill with individuals in my 34 years of practice as a counselling psychologist and in workshops presented through these years to groups of medical students, medical doctors, entrepreneurs, school teachers, students, attorneys and many more.

## FEEDBACK :

I think we each came away feeling stronger and blessed by the magic of what just happened today.

It was inspiring and all I can say is thank you, thank you.

Thank you for a beautiful & most generous feast of a day!

Thank you for the most amazing experience and for giving me the opportunity to pause and examine my life right now.

I am literally speechless about this amazing experience!!!

You feel that you are in a safe space.

Your relaxation workshop combined with some good old fashioned laughter, made for a great day!

I will remember this day always.



## CONTACT:

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The cost for this workshop is R990.00  
Including tea, coffee and light lunch.

## BANK DETAILS:

Dr S. Musikanth

Standard Bank

Claremont Branch.

Account Number: 072540230.

Branch Code: 02 51 09.



## ACCOMMODATION:

If you want to stay over in Langebaan around the time of the workshop, please let us know.

