



# The Joyous Body

*An exceptional, life-changing  
one day workshop*

Join respected teacher Debra Namara  
in an incredible one day workshop in Proserpine  
as she brings her life-changing work from Canberra!

**Saturday 31 March 2012**  
**9.30am – 4.30pm**



## Debra's Incredible Story

After more than a year of amazing health challenges with cancer & an auto-immune disease, I have received many insights, culminating at a Quest I attended on Maui.

I had no idea how depleted I was on every level and I was desperately searching for a miracle. I spoke my truth in the gatherings; I was heard; I was held; I was loved; I was challenged; and I made a choice - to Remember Who I Am. To heal that which I have control over and hand the rest over to God/Goddess/All that Is.

*Miracle received.*

And I need to share this message and vision with you. It has nothing to do with size or diet or health regimes. It is the most basic, yet profound reminder that our body is the temple for our spirit and we really do take her for granted.

Come along and re-connect with this miracle that transports us through this life and give thanks for ALL that she does.

Numbers are strictly limited, so please contact me to secure your place.

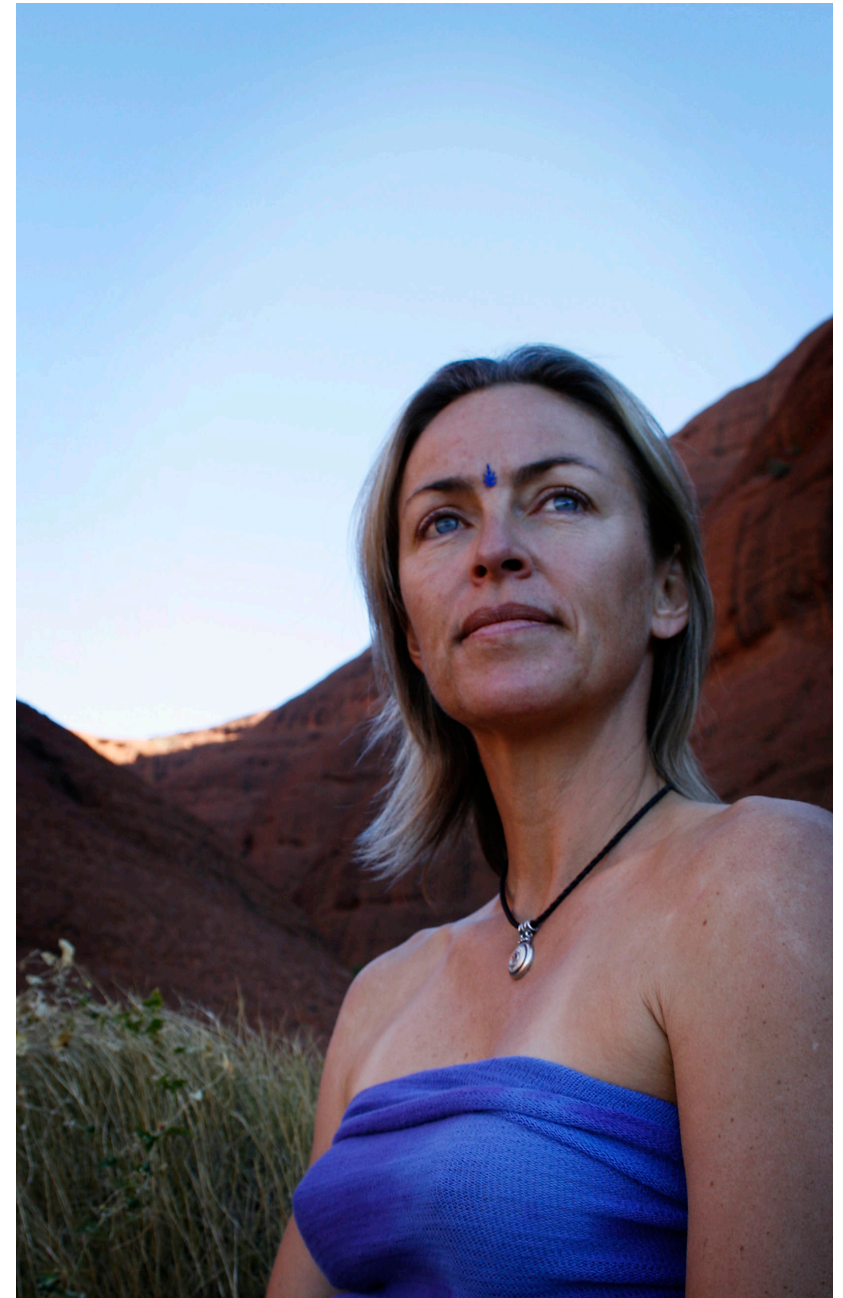


*How strong is your  
relationship with your body?*

So many of us take our bodies for granted, as if she is always going to be the reliable workhorse we have come to expect her to be. We have driven her past the brink of exhaustion and denied her many pleas to nurture and care for her. The truth is we have treated her more like a piece of machinery than as the temple that houses our Spirit.

The other truth is that without her, we don't exist on this planet. Our Spirit needs this form. None of our passions, missions or dreams can be accomplished without her.

*Come home to your beautiful body temple in a one-day workshop designed to help you re-connect and honour the cycles of our bodies as we dance through this amazing life.*





## *Date*

**Saturday 31 March 2012  
9.30am – 4.30pm**

## *Location*

**CWA Hall  
Faust Street  
Proserpine**

## *Cost*

**\$100** (*Bring food for a shared lunch. Tea, Coffee and snacks will be provided*)  
**Numbers are limited**, so a \$40 deposit is required to secure your place.

## *Enquiries and Registration*

Please contact Deb:

Email: [debra.namara@live.com.au](mailto:debra.namara@live.com.au)

Phone: **0410 359 965**

Website: [www.debranamara.com.au](http://www.debranamara.com.au)

## Facilitator

The Joyous Body workshop is run by Debra Namara, an experienced facilitator of women's spirituality groups in Canberra over the last ten years. Debra is also a registered celebrant. Debra is passionate about encouraging women to celebrate and honour the divine feminine within and around them.

## Praise for Debra

"Out of all the things that have most deeply changed my life, meeting Deb is one of my top ones. She was my very first mentor, and one of my dearest teachers. She has taught me how to love myself, how to adore being a woman, and how to turn my life around from top to bottom. I cannot commend her highly enough as a teacher, wise one and beautiful soul that your heart will be blessed to meet."

- Goddess Leonie Dawson

Author of "73 Lessons Every Goddess Must Know", "Today I Grew Like A Wildflower" and popular spirituality blog [www.goddessguidebook.com](http://www.goddessguidebook.com)

## Contact Debra

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