



NEUTRAL SPACE RELAXATION®



Part of Heart Enterprises Ltd Group

3 DAY

PRACTITIONER COURSE RETREAT STYLE

Core Relaxation with Yoga style Exercises



3rd to 5th October 2018

Wednesday to Friday

Neutral Space (Core) Relaxation®

'Retreat'

Part of the 'Atrim Conference for Consciousness, Energy and

Practitioner Training' 2018 - ACCEPT 2018

This Course is for students who are seeking an understanding of 'Core Relaxation'. Having inner Core stability is paramount in the modern workplace, social life, activities, home and family life. Assisting to re-balance from stress and anxiety, at a Core level, relaxation is the common denominator, it comes first.



Group Exercises

Local Jurassic Coastline.



NEUTRAL SPACE RELAXATION®



The course contains:

- ✓ Yoga style Core balance exercises in every module
(Gentle balancing Yoga exercises – Not Strenuous)
- ✓ Relaxation Bodywork - Giving and receiving
- ✓ The approach to conscious living
- ✓ 'Neutral Self Care' session, for your own core balance
- ✓ Neutral Well-being understanding for your own health
- ✓ Neutral Seated relaxation version for the 'office environment' and with family. Enabling you to share relaxation easily
- ✓ Neutral 'Heart Space' Communication
- ✓ Heart Meditation and visualisation
- ✓ Full Course Manual, Certificate, Insurable, Accredited
- ✓ Pictorial Guide sheets for all the bodywork sequences for easy learning

Within this course we explain how we can understand choice, with strategies to make a difference for life balance.

Early Bird: Book in before 31st August 2018

3 Day Retreat Course **£500**

Booking Form at the end of the document



NEUTRAL SPACE RELAXATION®

Back on track.

It seems many of us spend most of our lives with an 'off balance' energy, making it a challenge to live life to the 'FULL'. To achieve balance is just the beginning, balance is not where we want to be, it's the beginning - there is a great deal more for us to enjoy once we have achieved it.

This Course is for you, if you are wishing to experience Core Relaxation, stability and balance for you and your clients.

Outcomes: Feel better, Feel more relaxed, Stress Resolution,
Experience a deep relaxation, Improved relationships,
Leading edge understandings linked with Science,
Expansion, Connectivity, A feeling of community.

Also, for those students who have already attended, or are about to attend an Intro Day with Neutral Space Relaxation® plus:

Carers, Physical education,
Health & Wellbeing, Fitness Trainers,

With no prerequisite for students to attend this certificated Practitioners Course.

Testimonials:

"My Neutral Space Relaxation® session with Lyn was unforgettable. I was almost immediately able to access the deepest state of meditation where I felt I was really relaxed and in harmony with my core essence. I can't wait to learn this modality for myself". C D

"The time spent having a Neutral Space Relaxation® is always very rewarding, and leaves me feeling at peace". CH Surrey

This is So much More than anyone can put into words! C.B Devon

"I attended the 3 day NSR Course in West Dorset in May '18. The whole experience was extremely positive, uplifting and beneficial for all of us who took part and on multiple levels. The course content is superb and is clearly the fruits of many years of thoughtful, caring and thorough research and development". J D Dorset



NEUTRAL SPACE RELAXATION®



Course Venue & Trimmings

The Course content

What is included?

Accredited course activities.

Complete Practitioner Training

Practitioner Certificate of Attendance,

enabling you to have Clients and work with Neutral Space Relaxation® sessions.

Documentation for Case Studies / Client Sessions / Code of Ethics

Timings:

Starting 9.30am – 5.00pm daily.

Testimonials:

"The energy of Neutral is vital to understanding how the sessions can work, and this deepened my understanding a whole lot more...". P G Sussex

What is not included?

Your travel to and from the venue in West Dorset

Evening Meals - # Please speak to Lyn or Graham.



NEUTRAL SPACE RELAXATION®

Course Facilitators

Lyn and Graham Whiteman –

Dip. PT, RPT. Dip Hyp. CQHHT Adv. Practitioners.

Co Founders of Neutral Space Relaxation® with over 15 years experience with Relaxation bodywork and Practice Principles.



OUR VISION FOR NEUTRAL SPACE RELAXATION®

“...to relax, ...to inspire, ...to enjoy”



NEUTRAL SPACE RELAXATION®

The Course within

is our 'Core Relaxation Practitioner Course'

'Core stability' is paramount in the modern workplace, to enable rebalance from stress and anxiety. Course contains Yoga style Core balance exercises, bodywork, self care and 'relaxation seated version'; this can be introduced in the Corporate and /or the office environment.

Ideal if you are new to Holistic bodywork.

No pre-requisite for this practitioner course.

The course is transformational for body, mind and spirit.



All our courses are accredited by:

IPHM -International Practitioners of Holistic Medicine.

and The Relaxation Academy



NEUTRAL SPACE RELAXATION®

The Course includes:

Our Core Relaxation curriculum, bodywork, exercises, great understandings as to the depth of 'neutral space', in relationship to consciousness.

What is included?

- Full Retreat course activities £500 Course
- Lunchtime Light Lunch x 3 days.
- Bed & *Breakfast (Continental Style*)
- 2 Nights Accommodation £65 B&B inc Lunch /per day
- Additional 'night prior' option
- Single Occupancy supplement (£25 / night).
- An evening meal at 'the venue' x 2 eves. available at additional cost, or pop out to a local Pub or Restaurant.

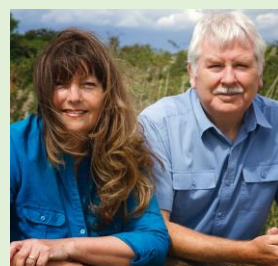
The special early bird booking ... **£ 500**

Course Price if booked after 31st August'18 **£550**

Contact us today to secure you place for this retreat experience:

+44 (0)1243 649079

info@neutral-space.co.uk



Investment: single payment £500 / £100 Deposit and 4 further payments £100

(all payments to be completed by the commencement of the course).

First Come First Served – Max 12 Places - Booking Info End of Document

- ☐ 2 Nights Accommodation £65 p.p / night
- ☐ 3 Nights Accommodation £65 p.p / night
- ☐ + Single Supplement £25 p.p. / night
- ☐ Course Fee £500 (or £550)

Total: _____



Early Bird Booking before
[31st August 2018](#)

3 Day Retreat Course for **£500** Join us



NEUTRAL SPACE RELAXATION®

The Cottage, Old Mill House, Mill Lane, Sidlesham.

PO20 7LX United Kingdom

Phone: +44 (0)1243 649079

Email: info@Neutral-Space.co.uk

D-U-N-S Number: " 217324582 "

Bank Transfer Details (Preferred)

Neutral Space Ltd

Sort code: 09 01 28 Account Number: 20024607

Neutral Space Relaxation® –
our courses are Accredited by the IPHM
(International Practitioners of Holistic Medicine)
and The Relaxation Academy

We are a Corporate member of the IPHM



We are a member of The Relaxation Academy

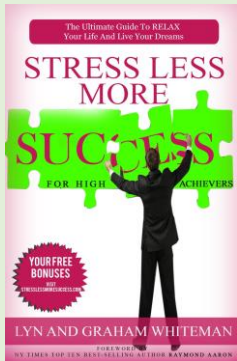


Neutral Space Limited

Part of the Heart Enterprises Group of Companies



About Lyn and Graham Whiteman



Awarded the Authority in Relaxation with Stress Less More Success by New York Times Best Selling Authors, Jack Canfield and Raymond Aaron, Lyn and Graham have been at the forefront of the Relaxation Training Sector for more than a decade.

The award-winning co-authors currently live in the UK but travel extensively across the world conducting seminars, workshops, sessions and retreats, assisting to create a balanced business world around them, accessing more creative solutions, through their

Bespoke courses and seminars, which has transformed lives, helping those in Life and Businesses through their unique bodywork system of Relaxation to resolve stress.

Having worked in many different areas with their Relaxation, they have found it creates the ability to increase life-long happiness, certainty, and resilience. Creating a 'stress less' environment conducive to change, but in a very gentle and effective way. This work is repeatable, and sustainable. Once the balance point is actually known and embodied by the person, this is what makes all the difference! They have learned through their own experiences, by taking a leap of faith, and moving from Stressed to Stress Less, after which, their lives transformed, and they wish to share this opportunity with others.

Lyn and Graham are deeply involved in ventures within Relaxation Training for life enhancement, through their portfolio of online platforms include:

www.Neutral-Space.co.uk |

www.StressLessMoreSuccess.com |

www.Esencia.org.uk |

www.TheRelaxationAcademy.com |

www.Lionhearted.org.uk, |

Where, they not only help businesses, but also high achievers and aspiring entrepreneurs, who through being Relaxed, and happy, are able to create an even more joyous and conscious living.

Part of the Heart Enterprises Group of Companies



NEUTRAL SPACE RELAXATION®

West Dorset Retreat - 3 Days in October - Core Relaxation
'We can choose the heart' - The way to achieve bliss.

Booking Form

Date: 3rd October to 5th October 2018 **Venue :** Broadoak West Dorset

Name.....Title.....

Address.....

.....

.....Postcode.....

Tel.....email.....

I/We would like to book in for the - Neutral Space Relaxation Retreat Fee: **£500** See note below

- ☐ 2 Nights Accommodation £65 p.p / night (£130)
- ☐ 3 Nights Accommodation £65 p.p / night (£195)
- ☐ + Single Supplement £25 p.p. / night (£50 or £75)
- ☐ Course Fee £500 (or £550)

Total: _____

We look forward to receiving your booking form.

Please Bank Transfer the full course fee of **£500** to: **Neutral Space Ltd,**

or £100* per attendee as a non –returnable deposit followed by 4 payments of £100 (payment to be completed by the retreat commencement)

FastPay – Neutral Space: 090128 20024607

*Terms and Conditions apply: *This is a non-returnable booking fee deposit, being returnable at our discretion, depending on any individual circumstances. If we have to postpone or cancel a day or course for any reason, the booking fee will either be refunded, or transferred to a future date whichever you request. PTO for T & C's

Signature.....Date.....

Full receipt for payment will be sent out in due course.

Please state if you have any special dietary needs.....

Return completed form to: **The Cottage, Old Mill House, Mill Lane, Sidlesham, Chichester, PO20 7LX**



NEUTRAL SPACE RELAXATION®

CANCELLATION AND MONEY BACK GUARANTEE

If an individual or group wishes to cancel or change their booking. The following charges will be incurred: -

- Cancel outside 6 weeks of course commencement- Lose 25% of total course cost
- Cancel outside of 3 weeks of course commencement – Lose 50% of total course cost
- Cancel within 3 weeks of course commencement – Lose 75% of total course cost
- Change to an alternative date outside of 6 weeks of commencement date £50 adjustment fee.
- Change to an alternative date within 6 weeks of commencement date £100 adjustment fee.
- No show bookings – Lose 100% of total course cost
- Re arrangement due to illness/ and subsequently unattended - Lose 100%

- ✓ If Customer cancels a course, or a bespoke course for any reason, 30 days prior to a scheduled course commencement date, then all development work undertaken up to that point and a cancellation charge of 50% of the course fee will become immediately due for payment.
- ✓ If Customer cancels a course, or a bespoke course for any reason, less than 30 days prior to a scheduled course commencement date, then all development work undertaken up to that point and a cancellation charge of 90% of the course fee will become immediately due for payment.
- ✓ Details of Money Back Guarantee. We feel you will be delighted with your course and it exceed your expectations, however, if you are not satisfied with the product or service that we have provided you with, then please let us know within 14 days of making your investment. We will investigate your complaint in the first instance and attempt to put it right. If you are still dissatisfied then we will request a written explanation and if we agree that we have not provided the service that we have advertised and that you paid for, then we will refund your investment less any charges that we have incurred (eg Paypal/ or Administrative fees, Venue and catering). The decision will be at our complete discretion.

Neutral Space – April 2017

Neutral Space Ltd.

Directors: G Whiteman, L. Whiteman

Registered Address: Gloucester Lodge, West Close,
Felpham, Bognor Regis West Sussex. PO22 7LQ

Registered in England No. 07675359