



Cardiff PSYCH-K® Basic Workshop Information Sheet

Dear friend,

Thank you for your interest in the Cardiff PSYCH-K Basic workshop. I have included information about the workshop below.

Venue:

Holiday Inn Cardiff North. Merthyr Rd. Tongwynlais. CF157LH

Start time: 9.30am each day

Finish time: 6pm Friday and Saturday and 5pm Sunday.

Cost: £525 for individual bookings / £490 per person for two or more people booking together for the same workshop.

Please note, the buddy price is not available for single bookings.

To book your place, please go to www.yearning4learning.co.uk where you will find the link to make your booking.

If you have any questions at all, don't hesitate to contact me at cazzie.y4l@gmail.com and I'll be happy to help. I look forward to seeing you at the workshop.

All the very best

Cazzie Dare

What is covered at the 3 day Basic Workshop -

Day 1 -

- Beliefs, where they come from and how they affect us in our daily life. I will show you my Belief Cycle, so that you can really understand the impact our subconscious beliefs have on our daily lives.
- Three levels of the mind and how we work with each level to make successful, long lasting change in our lives.
- The brain - understanding the basics of split brained research and what it means to be whole brained. We will look at the importance of being whole brained when making effective change in our lives.
- What is a PSYCH-K Balance and more about PSYCH-K.
- Muscle Testing that allows us to communicate directly with our Superconscious and Subconscious minds.
- Two PSYCH-K Balances - the processes that can be used to change limiting beliefs in the subconscious mind into juicy self enhancing beliefs.

Day 2

- How to create your very own personal well formed goal statements that will help you have the life experiences you want and desire.
- Clarification for the subconscious mind - how you will know that you have achieved your goal.
- Use PSYCH-K in Your Daily Life: how to get from where you are now, to where you want to be in the simplest and most effective way.
- Self testing - self muscle testing techniques that will help you use the PSYCH-K Balances for yourself, when you are on your own.

Day 3

- Review of self-testing
- Different categories with 77 Goal Statements covering the areas of Relationships, Personal Power, Self esteem, Prosperity, Grief and Loss, Spirituality and Health and Body.

- Principles of Nature - 33 statements that have been inspired by Bruce Lipton's work on nature and what we can learn from her.

- Transform the Perception of a Stressful Situation - transform the perception of any stressful experience, emotion, phobia or trauma in your life, past, present or future so that there is no more emotional charge when you think about it.

-Secondary Gain: if there were to be any benefits to staying in your old behaviour, what could those benefits be.

- Main practice session.

Accommodation

Unfortunately the Holiday Inn doesn't offer delegate discount b&b rates. There are quite a few Air bnb's within walking distance of the Holiday Inn in Tongwynlais.

Whitchurch and Llandaff North are a 5-10 minute drive from the hotel, with a Travelodge in Whitchurch and plenty of Air bnb options in both areas.

Air bnb options are also in Taffs Well, Radyr, Morganstown and Caerphilly, which are all approximately a 10 -15 min drive from the hotel.

Gelynis Farm is, again, approximately a 10 minute drive from the Holiday Inn and has had good reviews from previous participants.

Gelynis Farm
Morganstown
Cardiff
CF15 8LB

Location

Exit the M4 at junction 32.

Head North on the A470 (signs to Merthyr Tydfil)

First exit from A470 for Radyr First Left on Roundabout

Second Roundabout Second left towards Radyr

Follow the road for 1 mile until you see the motorway bridge.

Take a left down the farm lane over the level crossing and into the car park.

You can also catch the Stagecoach bus from Cardiff town centre (outside Cardiff Castle) to Tongwynlais, which is every 15 mins and takes 30 minutes.

Travel

Cardiff International Airport(CWL)

- Distance: 16.4 MI/26.39 KM SOUTH WEST to Hotel
- Taxi Charge (one way):£25.00 **GBP**
- Time by Taxi:30 minutes
- Take Port Road/A4232 to Merthyr Road/A4054. At the roundabout take the 2nd exit onto Port Road/A4226. At the roundabout take the 2nd exit onto the A4232 to Newport/M4. Merge onto A4232, at the roundabout take 3rd exit onto the M4 to Newport. At junction 32 of the M4 take exit A470 to Cardiff. At the roundabout take the 2nd exit onto Merthyr Road/A4054.
You can get a bus from the airport to Cardiff city centre. The buses run every 20 minutes.

Train

Station Name:Coryton Station - 23 minutes from Cardiff Central train station

Distance: 1.1 MI/1.77 KM NORTH to Hotel

Taxi Charge (one way):£5.00 **GBP**

When leaving Coryton Station turn right on to Pendwyallt Road and drive for 0.4 miles. When reaching the roundabout take the 4th exit on to Merthyr Road/A4054. The hotel will be on your left.

Driving Directions

The hotel is easily located directly off the M4 J32 which is sign posted for Cardiff and Castell Caerffili (Caerphilly Castle). If you're coming from the East (Cardiff) you will need to take the 4th exit at the roundabout. If you're coming from the West (Bristol) you will take the 1st exit at the roundabout onto Merthyr Rd/A4054.

Taxis - 02920 777777 02920 555555 02920 333333