

possibilities
freedom

We have all constructed a fortress
in order to survive.
The price we pay for this is
to lose touch with who we really are.
Turning Point is the journey
back to yourself...

fear
courage

a new relationship with yourself

a place to be seen, heard and understood

commitment
responsibility

awakening creativity

aliveness from within

reaction
action

“The real voyage of discovery consists
not in seeking new landscapes
but in having new eyes”

Marcel Proust

Our commitment at Soul Purpose
is to generate and present
diverse opportunities
for the experience of transformation
in the day-to-day awareness
of people and communities,
who feel ready to ask questions
of their fundamental purpose
and direction in life.

To book a place on the next
Turning Point or for further
information, visit our website at

www.SoulPurpose.org.uk

or contact us on 08702 405591

e-mail info@SoulPurpose.org.uk



conflict
connection

questions
clarity

freedom
restraint

integrity
vulnerability

Turning Point

Journey Into A Lifetime

aliveness stillness openness retreat respect judgement truth belief enthusiasm calm courage doubt tenderness power

possibilities
freedom
fear
courage
commitment
responsibility
reaction
action

conflict
connection
questions
clarity
freedom
restraint
Integrity
vulnerability

living your truth

relationships based on love and acceptance

developing trust

safety to open up and be yourself

emotions and physical health interlinked

know thyself

a point of stillness

Turning Point is a group experience incorporating meditation, bodywork and emotional release enabling you to find more meaning and fulfilment in your life.

childhood shaping the adult

joy pain faith insecurity laughter sadness dreams potential love fear creativity fulfilment confusion direction