

# ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

## LIVING YOUR POTENTIAL WORKSHOP

How often do you feel frustrated because you know you could be accomplishing more than you are? Yet, it seems things are always getting in your way, steering you off your path, and holding you back from achieving what you know you are capable of – *your potential*. You become discouraged with your efforts, and self-doubt arises. Am I capable of more? Am I on the correct path?

The *Living Your Potential Workshop* is designed to help you discover and develop your individual life purpose, work on your life lesson, and live your potential. You will learn how to put your life into the context of your soul's journey, providing a clearer understanding of how the events in your life are an integral part of your development. The workshop also provides the tools necessary for creating awareness, removing psychological obstacles, and realizing your path.

**The Workshop** incorporates discussions, counseling, and activities designed to help you discover and develop your life purpose and move toward your potential, and Kundalini yoga and meditations for the physical and mental attitude to put it into action. **Bring clothes to do yoga.**

Prior to the Workshop, on Friday the 30<sup>th</sup> of April, between 5:00pm and 7:00pm, you will meet with Fred at Alchemy where he will decode your fingerprints to determine your Life Purpose and Life Lesson. This should only take 5 to 10 minutes. The day of the workshop a report will be provided detailing your analysis. This report will be used throughout the workshop.

**Fred Carreo** is a transformational coach helping people realize their potential. He uses *Scientific Hand Analysis* - to get to the core of a person's being, *Transformational Coaching* - for the encouragement and guidance to live their potential, and *Yoga Therapy* - for the physical and mental attitude to put it into action. In addition to counseling he is a writer and Kundalini Yoga instructor. Fred currently resides in Barcelona and travels throughout Europe and North America where he provides counseling, gives workshops, and lectures.

WITH  
**FRED CARREO**



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**Fred will be available for private  
hand analysis consultations  
on Friday, the 30<sup>th</sup> of April  
& Sunday, the 2<sup>nd</sup> of May.**

**SATURDAY, 1<sup>ST</sup> MAY 2010 9:00AM – 5:00PM FEE: £70**

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