



Wednesday  
20 October  
10am - 1pm

Meet at the bowling green  
at Debdale Park, Hyde Road,  
Manchester M18 7LJ

# our happiness walk

## WALK YOUR DREAM

An opportunity to get your dreams out of your head and into the world.

## THINK LESS - DREAM MORE

When we think less and slow our minds, that enables us to experience true happiness, wellbeing and see the world in new and exciting ways. During the workshop we will help you.

To book a place on the walk please contact Sally on 07305 325369 or email [sally@hmhc.co.uk](mailto:sally@hmhc.co.uk)



- Slow down to the speed of life, clear your mind and dream like Disney
- Dissolve the obstacles that have had you stuck until now
- Connect to your most inner powerful resources and take action on what shows up within in you and around you

