



FEEDING YOUR DEMONS

A workshop presented by
JETTIE FABIOOLA



“One does not become enlightened by imagining figures of light but by making the darkness conscious.”

Carl Jung

Feeding your Demons is a meditation practice that helps us to transform our personal demons, not by avoiding them, but rather to turn toward them with compassion and curiosity.

Carl Jung emphasized the importance of the Shadow, our disowned qualities in the unconscious, and asserted: “Until you make the unconscious conscious, it will direct your life and you will call it fate”.

The practice is of great benefit in working with a wide variety of personal and relationship challenges including anxiety, depression, addiction, chronic pain, fear, anger. This way of working with our challenges is inspired by the ancient practice Chöd from the 11th century Tibetan teacher Machig Labdrön.

VENUE: UCT Lung Institute, George St. Mowbray. Cape Town

DATE: Friday 12th April to Sunday 14th April 2019

COST: **EARLY BIRD DISCOUNT R2500 Paid by 15.02.2019**

R2900 (including Lunch and Refreshments)

OR: R1450 1st payment by 27/02/2019

R1450 2nd payment by 27/03/2019



BOOKING FORM

SHADOW WORK “Feeding Your Demons” Weekend workshop

Friday 12 – Sunday 14 April 2019

Venue UCT Lung Institute
George Street, Cape Town

ADVANCED BOOKING ESSENTIAL: SEATING LIMITED TO 20

BOOKINGS through: saaja@mweb.co.za

Subject Line: J Fabioola Workshop

WEEKEND SCHEDULE

(Subject to change)

FRIDAY 12 April 2019	SATURDAY 13 April 2019	SUNDAY 14TH APRIL
17h00 – 17h30 Registration	09h30 – 11h00 Session 3	09h30 – 11h00 Session 7
17h30 – 19h00 Session 1	11h00 – 11h30 Refreshments	11h00 – 11h30 Refreshments
19h00 - 19h30 Refreshments	11h30 – 13h00 Session 4	11h30 – 13h00 Session 8
19h30 – 21h00 Session 2	13h00 – 14h00 Lunch	13h00 – 14h00 Lunch
	14h00 – 15h30 Session 5	14h00 – 15h30 Session 9
	15h00 – 15h30 Refreshments	15h00 – 15h30 Refreshments
	15h00 – 17h00 Session 6	15h00 – 17h00 Session 10

BANKING DETAILS

STANDARD BANK

Account name: SAAJA

Account no: 072975059

Branch code: 025-009 Rondebosch

Beneficiary Ref: INITIAL AND SURNAME FAB W/S

PLEASE NOTE: EFT PAYMENTS CARRY NO CHARGES - CHEQUE OR CASH DEPOSITS CARRY BANK FEE OF R50 WHICH SHOULD BE INCLUDED IN PAYMENT PLEASE

