

# DECLUTTERING WITH MINDFULNESS

Foundations to a more joyful calmer life

## A 6 WEEK COURSE

Practical Tools

Experienced Guidance

Community of Support

The course is run over 6 weeks and includes 2 in person workshops (1 full weekend and 1 half day) as well as 4 online weekly group meetings. To get the most out of this course it will be ideal to attend all of the sessions but recordings will be available for any zoom meetings missed.

## OUTCOMES

- Know where to start and have an effective process to follow for success.
- Make clear confident decisions on what to keep and what to let go.
- Let go of inner clutter habits and limiting beliefs with self compassion and kindness.
- Overcome inevitable challenges and obstacles.
- Be inspired and motivated to keep taking action.
- Fall in love with the benefits of decluttering and have fun in the process!

*Letting go gives us freedom and freedom is the only condition for happiness. If in our heart, we still cling to anything- anger, anxiety or possessions- we cannot be free.*  
Thich Nhat Hanh



## COURSE INCLUDES

- The Weekend workshop includes nourishing snacks and lunch.
- Recordings of all zoom calls
- Notes for workshop and zoom calls



### JUSTINE HALL

Decluttering Coach, facilitator  
and meditation teacher

Justine is passionate about sharing her love of decluttering and personal transformation having found long lasting change to her own cluttered habits and home.

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## COURSE DETAILS

### Immersive Weekend Workshop- *in person*

Held at Inspirit Urban Retreat Centre- 96 Middlesex Rd  
Surrey Hills Vic

Friday evening 19th May 7pm-9pm

Saturday 20th May 9:30am-4:30pm

Sunday 21st May 1pm-4pm

### Weekly group coaching zoom meetings- *online*

Tuesday evenings 7pm-8:30pm

23rd May, 30th May, 6th June, 13th June

### Weekend Workshop-*in person*

Held at Inspirit Urban Retreat Centre

Sunday 25th June 1pm-4pm

## QUESTIONS

If you have any questions  
about the course you are  
welcome to email or phone  
Justine

## PAYMENT & BOOKING

The investment is \$365 per person To ensure your place please book and pay by Friday 12th May. To book, please email Justine with your name and contact details. Bank deposit and paypal details will be sent directly to you.



**JUSTINE HALL**

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