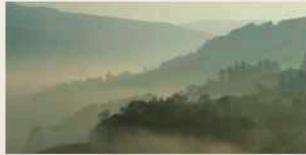




## **Ego Transformation & Mentoring Program**



**How do you defeat the self-sabotaging behaviour patterns that seem to dominate your life.**

**It is not an easy process, but there are ways to stop the negative 'habitual' patterns that may have dominated the way you 'get through' each day.**

**The Kumara Ego Transformation & Mentoring Program is designed to give you the ability to change the way you have lived your life. Using advanced teachings and experiential practise, you will find these evenings to be challenging but inspiring sessions. They will be ongoing though-out the year, culminating in the annual "Kumara Ego Retreat".**

**Using her experience as a psychotherapist and advanced spiritual teacher, plus her teachings on Theosophy, Liz will facilitate evenings that are sure to be stimulating, amusing, instructive and life-changing.**

**Where: Kumara Heathridge  
Unit 1, 99 Caridean Street, Heathridge, WA 6027**

**As course details can sometimes vary - please refer to  
Timetable for Date, Time and Cost**

**For full information call Kumara:**

**9307-3500**

**[info@kumara.com.au](mailto:info@kumara.com.au) [www.kumara.com.au](http://www.kumara.com.au)**

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