

# Perfect As You Are - Women Empowering the Nature of Mind Saturday 11th November



Location **South West, Avon**  
<https://www.freeadsz.co.uk/x-561058-z>

Perfect As You Are - Women Empowering the Nature of Mind. Part of a series of dynamic and intimate events for women across Bristol.

Venue: Wild Wolf Yoga 32 St.Nicholas Street BS1 1TG  
 Time 2.30-4pm



With trainer, Lizzie Keates and an amazing group of powerful open women, get to know the nature of mind and your own innate perfection – access your natural power, complete enjoyment, total restfulness, connection and ease.

The introductory drop-in session led by Lizzie gives a simple practice, tools and support to take away and directly apply in everyday life.

- Results you can expect...
- Clarity, stability and love
  - Openhearted connection
  - Stress-free living
  - Loving, harmonious relationships

### What happens in a session?

You will receive an introduction to the nature of your mind, plus an immediate and empowering practice

you can use during the session and in your daily life. You will have access to ongoing resources and

support to deepen the practice of the session.

See more at [www.balancedview.org](http://www.balancedview.org)

Balanced View is an elegant, accessible training rooted in timeless wisdom

Trainer Lizzie Keates supports women around the world through the Balance View training to live assured in their true nature, relying on the stable, beneficial nature of mind, at peace in themselves and with others, confident to contribute fully to the world.

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For further information about Balanced View, you are very welcome to...

Watch free videos with Trainers

Take the free Intro course with access to join the Bright Community Facebook Group

Or to send an email to: [click to contact](#)