



## BURNOUT – REKINDLING THE FLAME

A Workshop for Professionals experiencing the hard edge of their working situation as it impacts life and relationships.

Does your work get more than its fair share of you?

Is family and relationship time busy and hurried?

Are you on a treadmill?

Are you at the bottom of your own 'to do' list?

Do you feel like there aren't any other choices for you right now?

This Friday evening and full day Saturday is designed to sensitively nurture and restore you with a range of artistically inspired activities and discussions.

Our aim is to let you have rich 'me' time as you gently experience Taruna's wisdom and wonder, more ready for all that life is asking of you.

Course date Friday 22 September – 6:00 – 9:00 pm

Course cost Saturday 24 September 9:00 – 4:00 pm



**TARUNA  
COLLEGE**  
Connect. Nourish. Sustain