



# *My Soul and I*

**A course to help you put your soul in the  
driving seat of your life**

**with Mark Hartshorn and Sue Suddaby-Overton**

# Hello

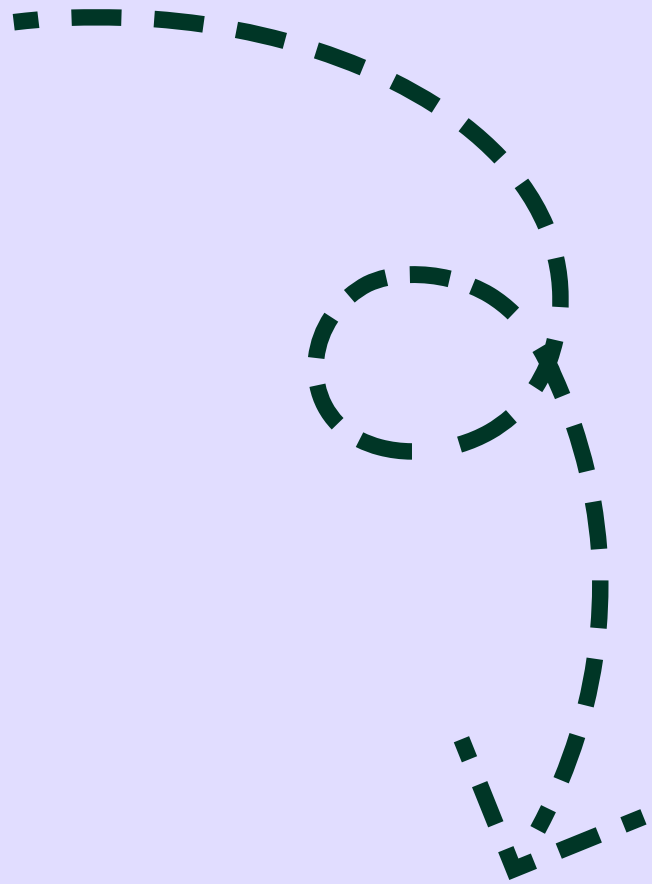
You are reading this because you are interested in the soul and want to know more about it and how it can help you in your life.



Mark and Sue have created a short course that will help you to discover what your soul is, how it will support you in all aspects of your life and how to ensure that it is your soul that is in the driving seat of your life.

Over the course of 5 Saturdays (one per month), we will support you to live more boldly as your true, soul-led self, so that 2024 can be a truly different year for you.

The journey will take you  
from feeling unfulfilled,  
stuck and uncertain  
about yourself and your  
life ....



To feeling more confident and  
sure about who you are, help you  
to know what you want and  
trusting that your soul will show  
you the way in all areas of your  
life.

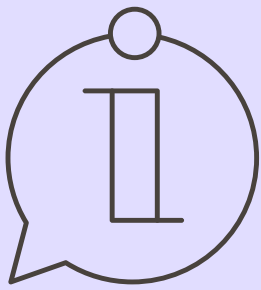




# Should I sign up? Absolutely, as long as you are ...

- Fed up of feeling unfulfilled
- Had enough of feeling as though you are different and don't fit in
- Feel as though you are destined for more than your current life offers
- Feel stuck, lonely, ready for something different
- Interested in living a more soul-led way of life
- Want to be part of a group of like minded people

And Most importantly,  
you are ready to do  
something about it!



# Course Info

## The Dates

The course runs on the following Saturdays between 10am-4pm.

13th January 2024  
17th February 2024  
23rd March 2024  
27th April 2024  
18th May 2024

## The Location

The course is held at Ashtore Rock Centre, Waterside, Saltash, PL12 4GT

## The Cost

The fee for the whole course is £195. This works out to just £39 per session. What an amazing investment in yourself!

## Attendance

You do not need to attend each session, but do need to pay for the whole course as we are looking to create a group of committed people who will support each other during the course and beyond.

# Course Content

## **Week One**

Getting to know one another and exploring what the soul is, where it comes from, it's journey, purpose and why it is important to build a relationship with it.

## **Week Two**

We will explore the different ways in which soul speaks to us, how it guides us in life and the difference between living a soul led and a mind led life.

## **Week Three**

We will dive more deeply into how our soul knows what our purpose is and work to discover what this is for us individually and collectively. We will identify the blocks that generally prevent people from living their soul's purpose and ways in which they can be overcome.

## **Week Four**

Discovering other parts of ourselves that can help or hinder us in living a soul led life and understanding how we can bring all of our selves into a more harmonious way of living together to serve the direction soul guides us to follow.

## **Week Five**

We will learn about how we can care for our soul so that our connection with it can be maintained and we can be our own best guru.

# Ready to Sign UP?



All you need to do to secure your place is  
make a payment for the course via  
ticketsource  
and we will take care of the rest.

Your investment in this course could be life changing, it  
could make the difference between 2024 being another year  
like the last few, or it could be a year that is different,  
fulfilling and soul-led.

Join us and see what soul led living is like. We are waiting to  
support you on the journey!

*Mark and Sue*