

# *Limoux Lectures*

**Upstairs at Café Le Commerce  
11, Place de la République, Limoux**

*Limoux Lectures* offers a series of informal themed talks, with Chrissie Horton, on the pursuit of The Good Life, focussing on ways to enjoy better physical, mental and emotional well-being.

***(All count as appropriate for Continuing Professional Development and a Certificate of Attendance is available on request.)***

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Meet in the café and then make your way upstairs.....

## **Permission To Be Me**

**10.30 – 12.00 Tuesday 7<sup>th</sup> December (5 Euros payable on the day)**

We grow up with powerful influences all around us, guiding us, teaching us, showing us what is and is not OK. We learn from them and then carry on the process, imposing expectations and obligations upon ourselves. But, we can lose sight of what is really right for who we truly are. In the effort to win favour, gain approval, be well-regarded, we can find ourselves trying to re-make ourselves. This talk aims to help identify how the True Self can get driven off course. Its natural impulse is to get back on track. Our challenge is to know our true path and allow ourselves to follow it. This can lead us to a sense of greater peace and harmony in our lives. This talk explores what it takes to give ourselves the freedom to be who we are.

*New series of talks starts March 2011 – email [chrissie.horton@talk21.com](mailto:chrissie.horton@talk21.com) for details*

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### **Presented by**

*Chrissie Horton, BA, MSc, MBACP Accred. is an experienced, counsellor and psychotherapist in private practice. Before moving to France with her husband, artist Chat Robinson, she worked as a counsellor and psychotherapist for the NHS and in private practice. She has an MSc in Counselling Psychology and has taught on post-graduate counselling courses at Keele University. She developed and presented a series of workshops on personal and professional growth for counsellors, therapists and professionals*

*within related fields. Before re-training as a therapist, she and her husband ran a successful communications consultancy, with a design and publishing arm, serving corporate clients in the public and private sectors of the UK, Europe and the US.*

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More info from [chrissie.horton@talk21.com](mailto:chrissie.horton@talk21.com) or tel 04 68 31 18 13