

# Kindling the Heart, Evolving Wisdom

Sue Holland is offering a CPD group initiative, open solely to all IOP graduates.

The context is:

- being, together
- to deepen spiritual practice and embodied interiority
- holding and support, at a deeper level of reality - professionally and personally
- a simple oasis for stability and ground
- in service of unifying consciousness

The programme will include contemplation on sacred texts; simple, silent meditation and sharing.

## Information

Sue Holland MA is a UKCP registered psychotherapist and supervisor, she is also an APECS accredited coach and supervisor and a Somatic Experiencing practitioner. Sue has been in practice for over 30 years.

Sue is a contemplative, a meditator and a facilitator.



Six 90-minute groups



first Wednesday of the month commencing 03 July 2024



17:30 - 19:00 GMT



Zoom



Full fee for the six groups £240



Early bird fee **£180** when **full payment** made by **05 June 2024**



For more information and to register



please email

[help@onpurpose.info](mailto:help@onpurpose.info)