



Healthy Living Seminars

Living Balance is an ever changing, spiralling journey and a dynamic way of living which requires a commitment to self-responsibility, a holistic approach to being healthy and a desire to achieve one's potential in every dimension of life.

Most people sense that they are not made for a 'peak hour' kind of existence. We seek calm more than chaos and yet we are more alive when we are challenged, pursuing a purpose and living a productive life (as we define it). Is there a middle ground between boredom and burnout? Can we be alive to both sides of our nature? Is there a healthy balance between these apparent opposites that can transform our lives into something extra-ordinary?

It is our mission to help people explore these questions and to discover a healthy balance in life that leads to sustainable wellness.

The journey to wellness requires a continuous path of learning and reaching out to one's potential. Success is not what we achieve at any moment in time but who we become while on the journey.



For more information, please contact gabrielle@freespiritruenorth.com.au