



[Jenny Des-Fountain](#) - Profile

“Thank you to all who attended the last two evening talks and your contribution towards a meaningful experience for all”.

“THE ART OF MINDFULNESS AND JOY”

To all my dearest friends, colleagues and interested people,
After having returned from 14 months closed intensive meditation retreat, I have spent the last few years talking and facilitating people through a process I call
“The Alchemy of Unfolding Presence”
I would love to meet again and share with you so please join me for another evening talk

EVENING TALK on 17th March
and
FACILITATED SUPPORT PROGRAM
in
CAPE TOWN.

The Alchemy of Unfolding Presence

“How to allow the unfolding of every experience, moment by moment, to become our inner and outer guide and teacher.
Ultimately living authentically from the core”.

THE FACILITATED SUPPORT PROGRAM is a 3 month group program towards enabling us to live each moment by allowing the Unfolding of your life from Core Presence.

You are most welcome to attend or invite anyone you think may benefit from these evenings.

PLEASE JOIN ME ON:

17th March at YES TO LIFE STUDIO, 3rd floor, 50 Riebeek st, Cape Town. 18h30 – 21h00

“If you have had enough of driving and striving your outer life, there is a way to live as we allow every experience, moment by moment to become our *unfolding with life* and ultimately our inner and outer guide and teacher. This is *‘living your authenticity from the Core Presence’*.”

In brief about the evening: “Jenny Des-Fountain, director of Quantum Leap Coaching and Training Institute, has returned to South Africa after 18 months overseas in a monastery, 14 months spent in a cloistered mostly silent meditation retreat. Jenny will share with us, how rather than living by driving and striving in our busy lives towards a perceived ‘happiness and peace’, we can relax by allowing our lives to unfold for us.

Jenny went on retreat because after more than 30 years of studying and working in business, healing, training, spiritual development and coaching, she clearly saw that no matter what technique, what positive and affirming outcomes we set and achieve, what beliefs & values we hold, how successful or unsuccessful we are, or what information we study and apply, we just keep going round and round in the same or similar cycle of conditioned thought and perceptions. No matter how hard and genuinely we try there seems no reachable way out for us in our Western lifestyles to live true authenticity rather than from a constructed and socially conditioned self. It is this understanding and her commitment to contributing to the world that became her drive into retreat as a desperate need to find a way to uncover that illusive quality of being, beyond conditioned self, that is always there, all pervasive within and without.

So she closed her old life down. She left behind her home, security and her lucrative coaching and training business and entered an intensive retreat of meditation and silence for an initially undefined period of time. Committing fully

to experiencing this prison of mind showed her deeply how we are living from our conditioned self, cognitive knowledge and misperceptions rather than *unfolding from the core*. Her personal experiencing of this prison and how it is created through our thinking, beliefs and perceptions, will show us clearly how all the work we do on self and the plans and outcomes we set and achieve, is just changing one conditioned perception for another. This is the seemingly endless cycle consistently tripping us up and holding us back.

This evening will be a heartfelt sharing and an experiential process of a way of changing our inner quality of being and thus the experiencing of our outer reality. No matter who we think we are, what our external circumstances are or what meaning or meaninglessness we give our lives, we *can* let go of driving and striving forward as step by step, we can embrace '*allowing the unfolding of every experience, moment by moment, to unravel our old perceptions and reveal to us the core presence as our inner and outer guide and teacher*'.

'This moment matters'

3 MONTH SUPPORT GROUP COURSE MODULES

1 - MIND - *OUR PRISON OR OUR POWER*

2 - MINDFULNESS – *FREEDOM IN PRESENT MOMENT AWARENESS*

3 - UNFOLDING CORE PRESENCE – *INTEGRATING EMOTIONAL REACTIVITY*



RESTORING THE BALANCE

Bookings and r.s.v.p essential : Cell: +27 72 8438121 or jenny@yestolife.co.za

Cost of evening talk: R120 each or R80 each for two or more people.

Website: www.yestolife.co.za

Profile of facilitator Jenny Des-Fountain: <http://www.linkedin.com/in/jenniferdesfountain>