

SECRETS FOR EMPOWERING WOMEN AND ATTAINING EMOTIONAL BALANCE

Learn new tools, exercises, sounds, and meditations to create emotional balance and healthy relationships with yourself and others.

- Learn Secrets of Ancient Knowledge
- Release emotional pain in the body with meditation
- Rewire your Habits and Emotional Imbalance
- Learn methods to help you Forgive and Release Fears
- Let go of strong emotions like anger, fear, sadness, worry.
- Create a more Balanced and Healthy body.

Weekly meetings: Tuesdays from 6-7pm
March 27 and April 3, 10 and 17

Monthly payment: \$150
Seniors and Students: \$75
(Donation Based if necessary)

Call Natalia to reserve place in group
831-706-5349



Empowerment Workshop
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