

“Reshaping Your Life in 2012”

Gain control of the way you think, feel and act!

Experience this 7-week dynamic course in which you will:

Create change in your life by gaining control of your thoughts

Remove the obstacles that are in your way of creating what you want

Understand the power of words and images

Reshape your self-talk

Dissolve unhealthy habits

Reduce anxiety and stress

Let go of anger, guilt, shame, and blame

Trust your intuition

Experience the power of NOW – the only time there is to take charge

Dates: 7 weeks (Mondays) beginning Monday, January 23, 2012

Time: 6:30–8:30 p.m.

Cost: \$115.00 or \$20.00 per class (includes course materials).

Call: 760-742-1392 for further information or to sign up.

Location:

Philosophical Library
1330 E. Valley Pkwy.
Escondido 92027
(next to Chino Bistro)

About the workshop leader: Rhoda Reilly is a Licensed Clinical Social Worker, Advanced Certified Hypnotherapist, Reiki Master, and a Heal Your Life Licensed Workshop Leader. Rhoda works as a psychotherapist and hypnotherapist in her private practice in Valley Center. Rhoda’s mission is to act as a guide in teaching others transformational skills to dramatically improve their lives.

www.vcheartcenteredtherapy.com; heartcenteredtherapy@vcweb.org;

760-742-1392