

“Emotionally Free”

*Letting go of the past and embracing
the present*

Experience this 6-week dynamic course in which you will:

Understand your feelings and untangle complicated emotions

Remove obstacles that are in your way of happiness

Increase positive emotions, and experience a more peaceful, balanced you

Feel more vital, open, loving, and confident

Heal the child within

Learn to make yourself a priority

Experience the power of using mindfulness skills

Shape the life you want to live

Dates: 6 weeks (Mondays) beginning Monday, May 2, 2011.

Time: 6:30–8:30 p.m.

Cost: \$99.00 or \$20.00 per class (includes course materials).

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

Location:

Sunflower Cabin
27157 Tumbleweed Trail
Valley Center, CA
(off of Valley Center Rd.)

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.

*Heart-Centered Therapy, 33309 Lilac Road, Valley Center, 760-742-1392
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