

## Workshop Listing

*To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly. ~ Henri Bergson*



*The most exciting and worthwhile venture is the journey to yourself.  
You have all that you need to create a new or improved reality.*

- **Loving Your Body ~ Mastering Your Mind**  
*Emotion always has its roots in the unconscious mind and manifests itself in the Physical body.*
- **Facing Truth ~ Embracing Change**  
*To understand that it's not reality that changes, it's what you believe, not what you want to believe that changes reality?*
- **A Matter of Choice**  
*Destiny is no matter of chance. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved. ~ William Jennings Bryan*
- **The Path of Self Discovery**  
*What lies behind us and what lies ahead of us are tiny matters compared to what lies within us. ~ W.R. Emerson*
- **Say Yes to Life: Choosing, Forgiving, and Moving on.**  
*Focusing on the breath, opens the mind, clears your body and connects you to life.*
- **Stepping Out ~ Letting Go**  
*I take a breath. I let go and trust. I take a step and the way reveals itself.*

- **Now is the Time ~ The Power is YOU.**  
*Now is the time for you to become the person you have always dreamed of being. This is your life and it is waiting for you to step into your potential.*
- **Breaking Free ~ Reclaiming your Life**  
*Some people live in cages with bars built from fear and doubt.  
Some people live in cages with bars built from the choices others made for them and some people break free.*
- **Change your Mind ~ Change your Life**  
*An exploration of your belief system and how it continues to create and recreate your life.*
- **Letting Go ~ Moving On**  
*An exploration of what it means to be in the flow of life and how to let go of what no longer serves you.*
- **Thoughts, Beliefs and Attitudes**  
*We are shaped by our thoughts. Our thoughts reflect our beliefs.  
Attitude defines the way we live.*
- **The Secret World of the Inner Child**  
*By healing the wounds of our inner child, we can literally change our world and the story that continues to repeat itself again and again.*
- **Breath, Silence and Self-Reflection**  
*An experience of connecting to our Spiritual Nature. When I am silent, I hear my true self and reach my soul. When I am silent, I hear with a caring heart.*
- **Looking Outside the Box**  
*You could call the usual ways of solving a problem the "box." Here is a chance to get out of the box by working with your life issues in a new way.*
- **Who Am I?**  
*This experiential workshop uses the body mind connection as a process for personal growth and change. This worthwhile venture is the journey to Yourself!*