



Sacred Feminine Spirituality Circle

Integrate 9 principles of sacred feminine spirituality into your life.



Sally has been working in the areas of trauma/addiction transformation for over 25 years. Our issues live in our tissues and learning to connect deeply with our body, spirit and emotions teaches us bold self-love, self-care and service to ourselves and others. As a certified Shadow Work® facilitator, Holistic health coach, Yoga instructor, and transformational coach, Sally will utilize a variety of skills as well as trust in Feminine Divine guidance to create a sacred circle.

Visit her website:
www.cosexaddiction.com and
www.blessingsfrommary.com

Contact:

sally@blessingsfrommary.com
or Call 713.906.9808

9 Principles of Sacred Feminine Spirituality for physical, emotional and spiritual intelligence. In this circle you will receive:

- * A outline for a 4 Step Prayer and Meditation Practice that honors your unique Spiritual experience.
- * Tools from each of the 8 classes to take into your life for deepening your own physical, spiritual and emotional intelligence.
- * Yoga postures that you can practice daily to enhance physical intelligence and connect more fully with the wisdom of your body.
- * A copy of the book, "Blessings From Mary" which includes 365 daily inspirations to assist in your own meditation practice.
- * Techniques for releasing emotions stored in the body with a focus on increased vitality.
- * Breathing practices to increase awareness and live a more stress-free life.
- * Shadow Work® tools that assist in bringing balance to the four archetypal energies of: Sovereign, Lover, Warrior and Magician.
- * Dream interpretation skills to inspire and empower you in your waking life.
- * Drumming-chanting-movement opportunities for anchoring new learning and awareness.

and more....

When: 8 WEDNESDAYS starting
April 23 through June 11.

Where: Spectrum Center — 4100
Westheimer — Houston, TX.

Cost: \$189.00 before March 31
and \$215.00 after

Preregistration is required and spaces are limited in number.

Meditation & yoga at 5:30pm; Circle begins at 6:30pm

Name _____

Address _____

City _____

State _____ Zip _____

Email _____

Home Phone _____

Cell Phone _____