



Sacred Feminine Spirituality

*“To **renew** and deepen your spiritual practice.
To practice techniques and tools for embracing Sacred Feminine **energy**.
To **reflect** and resource your whole self.
To harvest some **bliss**.”*

Please join us in this safe and sacred space as we lovingly and seamlessly weave a tapestry of healing, wisdom and spiritual practices. We are inspired to share with you some of our most honored and treasured practices. We trust they will support and empower you.



Workshop Includes:

- 9 Principles of Sacred Feminine Spirituality
- 4 Steps to a Unique Prayer and Meditation Practice
- Art of Journaling
- Ceremonies that Bless and Empower
- Gentle Hatha Yoga
- Cultivating a Meditation Practice
- The Vision Board
- Deep Relaxation and Gong Meditation

Saturday May 21, 2011 • 9:30 to 5:30

Spectrum Center • 4100 Westheimer Rd., Suite 233 • Houston, Texas 77027

\$95 pre-registration discount through May 1. May 2 through May 21 is \$108.



Sally Bartolameolli, M.Ed is a writer, intuitive teacher and certified Shadow Work® facilitator committed to assisting people in finding their Divine Guidance from within. She is the author of 2 books, "Relationships from Addiction to Authenticity" and more recently, "Blessings From Mary." Sally offers workshops, E-Courses and individual mentoring focused on deepening emotional and spiritual intelligence.



Satya Shepherd, B.A, LMT, is a Wellness Educator, Yoga Teacher and Massage Therapist with 30 years experience. She combines a thirst for the sacred with a passion for psychological and emotional healing. Satya has great respect for the unique sensitivities and boundaries of the individuals with whom she works. She is in private practice at Spectrum Center.

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Register by contacting Sally or Satya directly or at www.blessingsfrommary.com. PayPal available.

*“Our individual lessons learned will **heal** and bless all.”*

from *Blessings From Mary* by Sally Bartolameolli