

TRANSFORMATION THROUGH TRANSITIONS

October 15 – 9am-5pm

Hermitage Farm Center for Healing

Rochester, MN

\$125

Scholarships available, email allred.terri@icloud.com

It has been a hard couple of years. Many of us are finding ourselves in transition seeking transformation to a more authentic and meaningful life. During this retreat, you will have the opportunity to name and compassionately release those emotions, beliefs and experiences that are holding you back from being your fullest self. You will identify the values that sustain you and learn to listen to the intuition that is guiding you. Finally, you will imagine your vision of the future you want to achieve.

Please wear comfortable clothes that allow you freedom of movement. Please bring: Water bottle, Yoga mat and/or blanket, Journal/pen, Brown bag lunch

Facilitators: Terri Allred, Grounded Spirit and Susan Carter, Your Sacred Space

Register at www.Grounded-Spirit.com/workshops-and-retreats

