



# Returning: Awakening the Light of Spirit

There are many paths towards a more authentic and conscious way of living. This is a year long program that offers participants the opportunity to awaken and re-kindle the light of spirit within. The vehicle for this journey will be a synthesis of earth based and eastern teachings that form the foundation for self and world exploration.

## **Program Objectives:**

- Through the use of ceremony, meditation, and guided practice, participants will explore their relationship to themselves and the world around them.
- Participants will explore the ancient wisdom of earth spirituality, the chakra journey and re-connect with the power of ceremony in opening to their own light.
- Participants will learn how to stay connected to the inner wisdom of their spirit and learn methods for applying this knowledge in their daily lives .
- Participants will also learn to use this connection to discern the origin of and healing tools to be applied to areas of their life that are creating dis-ease and a personal loss of power.

**What does this involve?** Monthly group meetings, beginning Saturday, January 23, 2010. Individual practice between classes. Individual coaching sessions with Leslie each month.

**What's the time commitment?** One Saturday per month (+/- 4 hours); individual work when you can fit it in. Individual coaching may be by phone, email or in person.

**What's the cost?** \$100/month includes all handouts, snacks, and lunches . The total cost \$1,200.00 . A deposit of \$300 is due at the time of registration. Deposits may be refunded less a \$50 handling fee if notified one week prior to the start of the program. The class is open to 10 participants, so please register early to ensure a space.

For more information or to register, contact Leslie Lovejoy at 707-350-1084 or by email at [leslie@wellness-pathways.com](mailto:leslie@wellness-pathways.com)

