



Relight The Flame

The life renewal workshop

Brought to you by The Spirit Revival Hypnosis Center, LLC

- Do you sometimes feel as though you are at the end of your rope?
- Do you feel as though you are tethered to the past unable to move forward?
- Do you continue to fall into the same bad patterns?
- Would you like to attain a higher level of peace and tranquility in your life?

This *two day* workshop is designed to help you:

- Become self aware and recognize issues and/or emotions that are holding you back
- Release those issues and/or emotions
- Refocus your awareness, intent and energy
- Attain a higher awareness of your spirit and your intentions
- Gain the tools needed to continue to allow positive energy to flow and your higher self to grow

Topics Covered

- Quieting the mind
- The power of intent
- Releasing negative energy
- Balancing your life
- The power of goals
- Words can hurt - The power of words
- Forgiveness - Releasing negative ties
- Exercising your energy
- And much more



Brought to you by:

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When and Where:

Saturday March 7th, 1pm - 5pm
Garden of Life Massage and Yoga Center
Wantage Plaza
205 Rt 23 North, Wantage
\$75 per person
Register at The Garden of Life