

Welcome Yourself Home Workshop

Join us for this workshop **either** Saturday, February 10th from 10 to 4 or Sunday, February 11th from 10 to 4

Wanting to navigate the world with more grace and ease?
Frustrated with patterns in your life you can't seem to shift?
Feeling a sense of spiritual disillusionment?
Yearning for fuller, more authentic self expression?

YOU are the one you have been searching for.
Welcome yourself home.

In an interactive format between teachers and participants, experience

- Methods for identifying and working through limiting beliefs
- Opportunities for individual work with teachers
- Valuable tools to assist you in deepening the exploration of your gifts and passions
- Simple yet powerful practices, easily incorporated into daily living
- Practical written materials to take home for easy reference

Teachers: Michele Okposo and Lisa Lindberg.

Contact information: Lisa: LisaDL@mac.com 651.895.0174

Michele: michele@transformationalpractices.com 612.310.8876

Location: 289 5th Street East, St. Paul, MN 55101, Suite 605 (in Markethouse, directly across from the St. Paul Farmer's Market)

Fee: \$125.00 including a fresh vegetarian lunch, snacks and beverages.

"And the day came when the risk it took to remain tightly closed in a bud was more painful than the risk it took to bloom." Anais Nin