



Live with Passion and Purpose!

12 Week Women's Support Group

Would you like to live your life to the fullest? Are you confused as to what's holding you back? Join a supportive group of women on a similar path of self-discovery. Together, we will uncover our personal road blocks and take steps toward transforming visions into reality!

Mind, Body, Spirit and Emotion techniques:

- Therapeutic Breathing
 - Psychodrama
 - Dream Work
 - Exploration of Emotions and Beliefs
 - Relationship Building Tools
- And More.....

12 Consecutive Wednesdays starting March 28th
Time: 6:30-8:30pm
Location: Sacred Space #100 27 W. Pender St.
(across from Tinseltown) www.asacredspace.ca
Cost: \$381.60 (including GST)

**For more information or to register contact
Tracy by phone: 604-216-0533 or email:
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Tracy Anderson, M.ED, is a Registered Professional Counsellor and instructor of Transpersonal Psychology at Clearmind International Institute.