

Awakening to Your Authentic Self

a spiritual retreat for women

Friday, November 22, 2013
8:30 am - 6:00 pm

Solstice Healing Arts Center
163 Main St., Medway, MA

❁ Guided Meditations ❁ Sacred Conversations ❁
❁ Experiential Explorations ❁ Yogic Breathing Practices ❁

Workshop #1: “Awaken from the Trance of Your Personality Type”



with **Jenny Campbell**,
Certified Enneagram Teacher
and Spiritual Retreat Guide

www.enneawake.com

Workshop #3: “Awaken the Healer Within”



with **Helen Chin Lui**, Certified
Reflexologist, Certified Energy
Medicine Practitioner and
Usui Reiki Master/Teacher

www.healingplacemedfield.com

Are You One of Us?

We are longing to live a life rich with meaning, connection, and purpose. We want to know the truth and we are courageous in our seeking.

We know that we are not alone.

We are just like you. We are four women who have sought and found a piece of something real, something that woke us up and changed our lives forever.

This unique one-day/four-workshop retreat will allow you to experience four beautiful ways of awakening to your authentic self: the real you longing to be known.

Give this gift to yourself. For one full day, just stop. *Retreat.* Immerse yourself in the healing presence of your truth-seeking sisters. In love and safety, discover what YOU need next on your path to a fulfilling life.

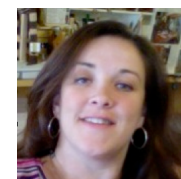
Workshop #2: “Awaken Your Inner Goddess”



with **Jean Papagni**,
Certified Life Coach and
Inner Goddess Guru

www.SparktoFlameCoaching.com

Workshop #4: “Awaken Your Heart”



with **Kim Lentros**,
Certified Life Coach and
Kundalini Yoga Instructor

[www.facebook.com/
anahatayogicoach](http://www.facebook.com/anahatayogicoach)

Cost: \$139. Don't miss the Early Bird rate of \$119 if you register before November 8!

Register today at www.solsticehealing.com.

Questions? E-mail JeanPapagni@comcast.net or call/text 508-353-0291.