



Reclaiming Your Past

The past is not past. You can choose, though, whether to carry your pasts consciously or not. Integrating your childhood experiences enables you to respond with freedom in the present: freedom to love unconditionally, freedom to not react out of anger or shame, freedom to enjoy life fully.

In this workshop, explore how your healing is already spontaneously, organically happening. Then practice

using structured writing tools that help you take charge of your healing, enhancing your capacity to heal more rapidly, and with clarity.

Participants use reflective writing tools from PRH International School of Adult Education to empower them in their healing journeys and to discover realistic new steps for freeing their hearts.

Explore reflective writing tools for growth & healing

November 9 & 10, 2013
9:30am to 5:30pm
Bellevue, WA
Fee: \$199

Upon completion of the workshop you will be able to:

- Define emotional healing and specify its relationship to growth
- Identify your recent experiences of healing and name the role you played in them
- Use 5 tools for self-guided healing
- Implement a realistic plan for continuing your growth and healing



***Facilitated by Mary Kolb, PhD
PRH Educator***

YES! Please enroll me for *Reclaiming Your Past*

Name: _____ Phone: _____
Address: _____ Email: _____

Please send with \$50 nonrefundable deposit to: PO Box 902 Medina, WA 98039

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