



# Integrating practices to transform daily living.

## Transformative Practices

### Heart Centered Wisdom Groups for Professionals

"I don't do this work to change the world, I do it so the world doesn't change me."

--A.J. Muste

Are you finding yourself longing to network and share with other professionals who recognize the connection between the mind-body and spirit?

Do you see your own growth and transformation impacting those around you?

Do you value what is most "essential" in yourself and your clients and long to be a greater Presence in your work and life? Do you want to be a place of refuge for those who come to you seeking help and healing? Do you desire to live and practice in a more seamless and integrated way?

#### Would you like to:

- Participate in an ongoing networking, transformational group that supports your own psycho-spiritual unfolding
- Participate in an ongoing group that shares and continues to learn creative approaches that will expand your experience and scope of practice
- Develop an increased capacity to work with others in a more, centered and confident way
- Achieve a more comprehensive understanding of the Psycho-Spiritual dimensions of life and gain skills in the appropriate use of presence
- Develop an increased understanding of the essential nature of self-care. Learn how to access that space from which all that is most useful to the world radiates from
- Increase your ability to trust and use intuitive awareness
- \* Receive support as you grow in your ability to live life from a place of authenticity, harmony and wholeness

This group will begin meeting once a month the and will continue for six sessions

These groups are limited in number to promote the maximum benefit so registration will be on a first come first serve basis. To register email [info@transformativepractices.com](mailto:info@transformativepractices.com) or call Michele@612-310-8876

\*\*The fee for these sessions will be \$25.00 per group. We are requiring a six-session commitment.