

Living From The Center Within I

Treat yourself to a four week class OR all day Saturday retreat with like-minded seekers exploring consciousness and our desire to maximize our potential and capacity in everyday living. We will explore practical and empowering skills to calm the mind, body and emotions and tools to deal with those triggers that pull us off center. When we practice quieting the mind and find the stillness in The Center Within, we become relaxed, balance and harmonized. From this condition, the world of intuition, synchronicity, gratitude, abundance, connectivity, revelation and transformation open into our awareness. Building on such practices as breathing, poetry, music, chant, movement and guided imagery, we will explore the profound effect of ***Living From Our Center Within*** on our personal, professional, relational and collective life. Each class will contain teaching, reflection, sharing, quiet time and discussion.

Facilitator: Michele Okposo, is a spiritual director, registered pharmacist, Reiki and Therapeutic Touch practitioner, Mind-Body Medicine teacher, speaker, author and community faculty at the University of Minnesota Center for Spirituality and Healing and College of Pharmacy.

When:

Saturday January 16, 9:30 – 4pm OR

Thursday evenings 6:30-8:30 January 14, 21, 28 Feb 4

Cost: \$100.00 for 4 week class OR Saturday retreat. \$75.00 for each participant you bring along with you.