



CULTIVATING SELF-LOVE



February 16, 2019
10AM-12PM

\$20

Call or text to RSVP: 626-470-7711

If you've experienced feelings from the list below - this workshop is for you...

- ✓ Feelings of being misunderstood or not heard in your life
- ✓ Being exhausted even though you think you are taking care of yourself
- ✓ Criticizing self-talk out loud or in your head
- ✓ Trouble sleeping from your thoughts
- ✓ Quick to anger, tears & loss of patience
- ✓ Feeling sick, colds, coughs, headaches, tummy aches, skin breakouts

- ♥ Catch the Self-talk Before it Begins
- ♥ Gain Energy and Calm your Mind
- ♥ Learn to Listen to your Own Intuition
- ♥ Unlearn the Behaviors that Sabotage Self-love in Your Life

You will leave the workshop feeling in charge of your own happiness, peace and love!
Nina Impala is a Reiki Master and Certified Grief Counselor

All Self-Love Workshop attendees are eligible for our Reiki Special Offer