



The Shift: *Connecting ♦ Visioning ♦ Creating*



2-Hour Zoom Workshop
Thursday, April 9th, 2020 from 2pm - 4pm
\$25 to paypal.me/findingdharma

“Once you start approaching your [life] with curiosity rather than fear, everything shifts.”
~ Bessel A. van der Kolk

Includes:

- ✓ Teachings & Guidance on connecting with Your Soul and using its wisdom to chart a new path for your highest and best
- ✓ *Connecting ♦ Visioning ♦ Creating Workbook* (PDF emailed to you)
- ✓ *Visioning Template* to chart your path (PDF emailed to you)
- ✓ *Guided Soul-Visioning* Meditation

During this time of #socialdistancing we are being offered the opportunity to connect more deeply with ourselves.

This is the gift of Now.

This workshop allows us the space and time to look deeply within ourselves, at the struggles and the joys of these times, and then with these lessons to look ahead, to envision a healthier, more balanced life, and to take action to make it reality.

Join me for this special workshop, created for all of us to make the most of this gift of time of quiet introspection and growth.