

HEART-CENTERED THERAPY presents “Love Yourself, Heal Your Life”

*Beginning Monday, April 23, 2012 from 6:30-8:30 p.m.
Experience this 7-week dynamic workshop in which you will:*



Learn to love yourself & others more fully and deeply

Become the Creator of an exceptional life

Live more joyfully and creatively

Discover and dissolve unhealthy habits

Trust the beauty of your wisdom

Understand the power of forgiveness

Achieve your dreams

Learn to clear your chakras for optimal physical, mental & spiritual health

Recommended reading: You Can Heal Your Life by Louise Hay

Location:

Philosophical Library
1330 E. Valley Pkwy
(next to China Bistro)
Call Rhoda to sign up:
760-742-1392

Investment: \$115 or \$20/week
www.vheartcenteredtherapy.com
heartcenteredtherapy@vcweb.org

About the workshop leader: Rhoda Reilly is a licensed Clinical Social Worker, Advanced Certified Hypnotherapist, Reiki Master, and Certified Workshop Leader for Heart-Inspired Presentations. Rhoda works as a psychotherapist and hypnotherapist in her private practice in Valley Center. Rhoda's mission is to act as a guide in teaching others transformational skills to dramatically improve their lives.

“All that we are is the result of what we have thought.” The Buddha

Heart-Centered Therapy, 33309 Lilac Road, Valley Center, 760-742-1392

www.vheartcenteredtherapy.com; email: heartcenteredtherapy@vcweb.org