

# “Emotionally Free”

*Letting go of the past and embracing  
the present*

Experience this 6-week dynamic course in which you will:

*Understand your feelings and untangle complicated emotions*

*Remove obstacles that are in your way of happiness*

*Increase positive emotions, and experience a more peaceful, balanced you*

*Feel more vital, open, loving, and confident*

*Heal the child within*

*Learn to make yourself a priority*

*Experience the power of using mindfulness skills*

*Shape the life you want to live*

**Dates:** 6 weeks (Mondays) beginning Monday, May 2, 2011.

**Time:** 6:30–8:30 p.m.

**Cost:** \$99.00 or \$20.00 per class (includes course materials).

**Call:** 760-742-1392 for further information or to sign up.

**Location:**

Sunflower Cabin  
27157 Tumbleweed Trail  
Valley Center, CA  
(off of Valley Center Rd.)

**About the workshop leader:** Rhoda Reilly is a Licensed Clinical Social Worker, Advanced Certified Hypnotherapist, Reiki Master, and a Heal Your Life Licensed Workshop Leader. 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.

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