

Heart-Centered Therapy presents *Retraining Your Brain*

Learn the simple practices you can do routinely to deepen your sense of well-being and unconditional happiness.

In this 7-week workshop you will learn to:

Sculpt your brain in positive ways

Love yourself unconditionally

Develop a practice of mindfulness

Move through the fear of change and risk

Build on your strengths

Practice the art of forgiveness

Become liberated from limited beliefs

Dates: Monday evenings, beginning September 24, 2012, from 6:30 - 8:30 p.m.
Cost: \$120 or \$20 per class (must pay for all 7 classes)
Location: Philosophical Library, E. Valley Parkway, Escondido, CA
Contact: Rhoda Reilly, LCSW at 760-742-1392 for further information or to sign up. www.vcheartcenteredtherapy.com; heartcenteredtherapy@vcweb.org

About workshop Leader

Rhoda Reilly is a licensed Clinical Social Worker, Advanced Clinical Hypnotherapist, Reiki Master, and Licensed Heal Your Life workshop leader. Rhoda works as a psychotherapist and hypnotherapist in private practice in Valley Center. Rhoda has experienced the power of these skills and transformed her life. Her mission is to empower others on their life path of transformation.

