


# **HEART-CENTERED THERAPY PRESENTS**

## ***Break Your New Year's Resolution: Experience Your Good Now!***

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



*Examine the beliefs you have been holding onto in your mind which prevent you from manifesting your New Year's resolution*

*Learn powerful tools to release limiting patterns of the past*

*Experience empowerment and harmony in your life by utilizing meditation, affirmations and visualizations*

*Understand and claim your deservability in experiencing peace of mind, inner joy, confidence and self-worth*

*Create positive outcomes for challenging situations*

*Become aware of the Universal Principles governing every aspect of your life and learn how to apply them*

**Dates:** 6 weeks every Monday evening beginning **Monday, February 14, 2011**

**Time:** 6:30–8:30 p.m.

**Cost:** \$99.00 or \$20.00 per class (Must sign up for all classes.)

**Location:**

27157 Tumbleweed Trail  
Valley Center, CA 92082  
(off of Valley Center Rd.)

**About the facilitator:** Rhoda Reilly is a Licensed Clinical Social Worker, Advanced Certified Hypnotherapist, Reiki Master, and Certified Workshop Leader for Heal Your Life Presentations. Rhoda has a private practice in her home in Valley Center. Rhoda's mission is to act as a guide in teaching others transformational skills to dramatically improve their lives.

Call to register or for more information: 760-742-1392

[www.vheartcenteredtherapy.com](http://www.vheartcenteredtherapy.com); [heartcenteredtherapy@vcweb.org](mailto:heartcenteredtherapy@vcweb.org)