

An evening of Healing, Painting, Yoga & Community...

Friday October 4, 2013
7-9pm

The Studio - Jen Murphy Fitness
113 W. Harford St.
Milford, PA 18337



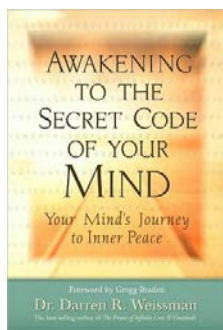
Working with the chakras and releasing any blocks in your energy field will allow you to transform subconscious patterns of limiting beliefs into a new program of intention.

Do you often wonder why you find yourself repeating the same negative cycle of behavior over and over again even though you are aware that it is hurting you and you want to change?

We know that anything that is showing up in our life as a situation, relationship, or addiction that we would never CHOOSE is coming from the subconscious mind which is REACTIVE in nature and will always override our conscious mind which is the only mind that has CHOICE.



What's so cool about combining the LifeLine technique™ with painting and yoga is that not only do you have a valuable tool for re-programming your mind and body to be in alignment with what you CHOOSE but you will also have an ENERGY PAINTING that you will take home with you to continue to support your healing and transformation. Imagery is direct communication to your subconscious mind and your energy painting will raise the vibration of your space and anyone who looks at it.



**As an introductory offer, I am including a copy of Dr. Weissman's book
"Awakening to the Secret Code of Your Mind" FREE!**

PRICE \$25 - SPACE IS LIMITED

CONTACT JEN FERDINANDSEN TO REGISTER
JenFerdinandsen.com - (845) 820-7417