

GRACELINE

\$50 per workshop

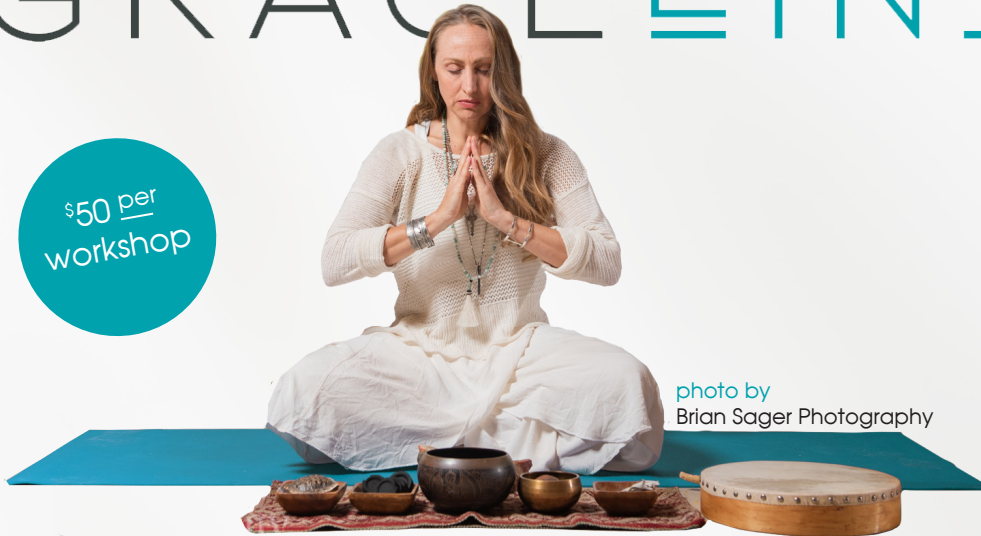


photo by
Brian Sager Photography

ENRICH LIFE ON EVERY LEVEL WITH EMOTIONAL INTELLIGENCE TEACHINGS

A 2-hour life-changing event **EVERY OTHER THURSDAY 6-8pm** this Winter

SHAMING/BLAMING

EQ-1 - 11/15

transcending humiliation, rejection, abandonment to be free from right-vs-wrong, victim-perpetrator perceptions of reality.

GAMING

EQ-2 - 11/29

transcending power struggles and ego games to be free from competition, comparison, conflict-creation & image-crafting.

COMPLAINING/EXPLAINING

EQ-3 - 12/13

transcending negativity, gossip, judgment, justifying, excuse-making, & permission-seeking

FEARING/FESTERING

EQ-4 - 12/27

transcending terror, anger, resistance, & resentment while releasing trauma & narrative on a cellular & soulular level.

ACCEPTING/FORGIVING

EQ-5 - 1/10

the rewards of full responsibility & the serenity of surrender

RECEIVING/TRUTH-SEEKING

EQ-6 - 1/24

embracing the Art of Being Undefended: how to turn criticism, conflict, and change into good medicine.

RESTORATIVE JOY/ KINETIC KINDNESS

EQ-7 - 2/7

Embracing the choice to be happy as a r/evolutionary act of immunity & creativity. *Special BAB Yoga (Brick & Baggage Yoga) to release blocks to happiness).

MANIFESTATION/ SERVICE/SOULWORK

EQ-8 - 2/21

Elevating oneself to a higher sense of purpose, peace, and power using meditation/manifestation tools.

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