

GRACELINE

\$50 per workshop

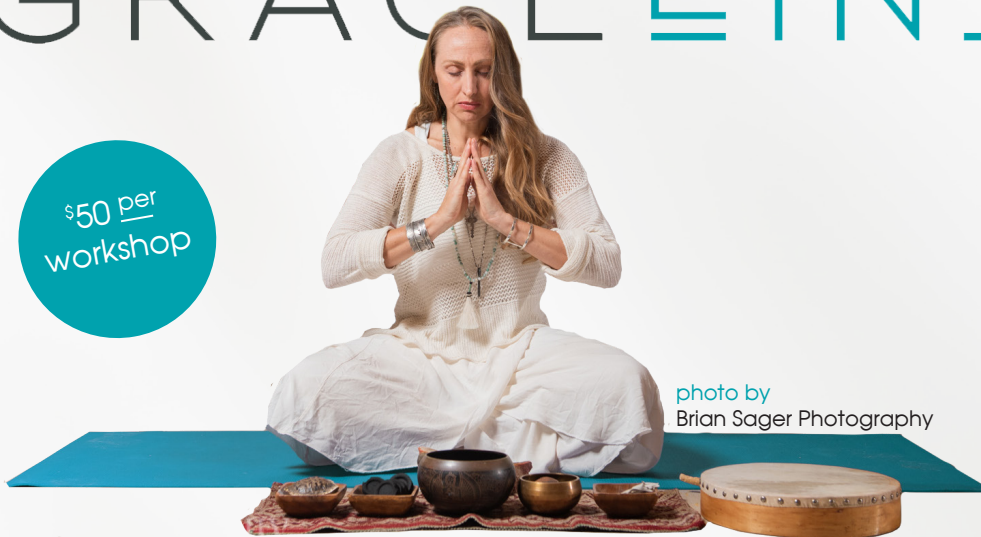


photo by
Brian Sager Photography

ENRICH LIFE ON EVERY LEVEL WITH EMOTIONAL INTELLIGENCE TEACHINGS

A 2-hour life-changing event **EVERY TUESDAY 6-8pm THIS FALL**

SHAMING/BLAMING

EQ-1 - 10/1

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

GAMING

EQ-2 - 10/8

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

COMPLAINING/EXPLAINING

EQ-3 - 10/15

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

FEARING/FESTERING

EQ-4 - 10/22

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

ACCEPTING/FORGIVING

EQ-5 - 11/5 *No class 10/29

the rewards of full responsibility & the serenity of surrender

RECEIVING/TRUTH-SEEKING

EQ-6 - 11/12

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

RESTORATIVE JOY/ KINETIC KINDNESS

EQ-7 - 11/19

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 - 11/26

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