

Create

Your Shadows Divine

Creating and Moving With Your Shadows

Nia Moves
509 Pecore St
Houston, TX 77009

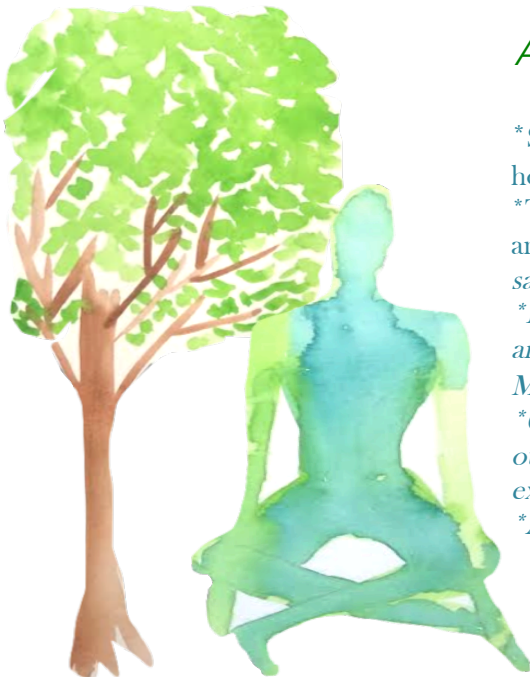
Saturday October 4th
12:15pm-4:30pm

Early Registration \$98.00
After September 24th \$108.00

Activities for workshop include...

- * Sharing our stories and *being witnessed* with honor and care.
- * Transforming our blocked shadow energies and creative distress into *self expression* in a safe, shame-free circle.
- * Integrating the tools from our inner archetypes: Sovereign, Lover, Warrior and Magician.
- * Creating a vision board and mask through our unique movements and artistic expressions.
- * And more...

Snacks and Materials Provided



Sana Effendi is a Houston-based fashion designer and fashion history professor. She holds a Bachelors degree in Business Administration from the University of Houston and has studied fashion at Central Saint Martins, London College of Fashion. She believes that expressing emotions in creative ways can lead to healing.



Sally Bartolameoli, M.Ed., is a certified Shadow Work® facilitator, teacher, transformational coach, yoga instructor and writer who believes the integration of body, spirit, soul, emotions and mind offers the opportunity for full self - expression. She has authored two books on transforming addictive dynamics into authentic connection and Sacred Feminine Spirituality.



To Register Follow The Link Below:

<http://blessingsfrommary.com/offerings.htm>

Contact Sally or more information and visit her websites
www.cosexaddiction.com and www.blessingsfrommary.com

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