



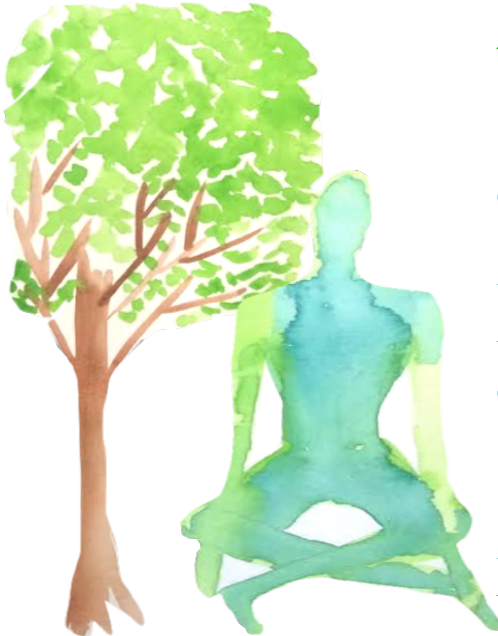
Creative Visioning Workshop

Creating and Moving With Your Shadows

*Nia Moves
509 Pecore St
Houston, TX 77009*

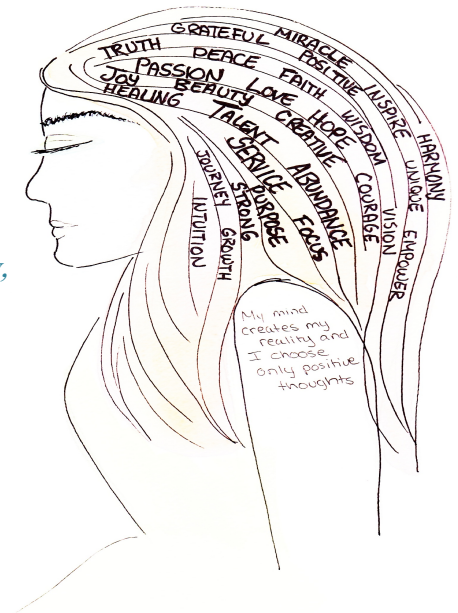
*Saturday June 28th
12:15pm-4:30pm*

*Early Registration \$98.00
After June 4th \$108.00*



Activities for workshop include...

- * Sharing our stories and being witnessed with honor and care.*
 - * Exploring our creative archetypal energies in a safe, shame-free circle.*
 - * Embracing shame as a pathway to joy, inspiration and miracles.*
 - * Exploring and transforming our blocked shadow energies and creative distress into self expression.*
 - * Meditation tools and practice.*
 - * Creating a Vision Board and Mask.*
 - * Movement & exercises to integrate & keep creative energy flowing.*
- And more....*



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 for more information. Visit her websites;
www.cosexaddiction.com and www.blessingsfrommary.com

713-906-9808

sally@blessingsfrommary.com

