

Grieving, Growth and Gratitude®



Trauma Transformation®

This circle is limited in number.

When; For eight Mondays beginning October 6, 2014 and ending November 24, 2014

Where; Spectrum Center 4100 Westheimer, Suite 233, Houston, TX 77027

Cost; \$260 (early registration by September 23, 2014) \$295.00 after. blessingsfrommary.com/offerings.htm

Pre-registration; Required with a \$50.00 non-refundable fee to hold space.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Home Phone: _____

Cell Phone: _____

This is a Grieving, Growth and Gratitude® support circle in which we will deepen our emotional and spiritual intelligence by walking through our grief, sharing our stories and releasing the beliefs that no longer serve us. In being witnessed by others with love and care, we transform our losses to joy and experience gratitude for all of who we are, learning good boundaries, self-love and the ability to connect authentically in our lives.

The best way out is always through. ~ Robert Frost

In this eight week gathering, you will:

- Develop a journaling practice and/or deepen your own
- Have an opportunity to share your unique story and be witnessed with honor, care and honesty
- Develop and understand emotional and spiritual intelligence and use it to create a life you desire
- Learn how to transform your shadows and wounds into joy, gratitude and service to others
- Receive Shadow Work® tools to take into your life for balance and full self expression
- Embrace your own authenticity
- Experience the privilege of witnessing and blessing others in their unique stories
- Develop a deep understanding of shame and allow it to be transformed to humility, joy and self-love
- Create, discover and refine your own spiritual practice
- Learn communication tools that turn separation and conflict into an opportunity for intimacy and connection
- Integrate boundaries, self-care and self-love behaviors into a way of life
- Release old beliefs that no longer serve you and integrate beliefs that empower you
- Learn how to transform addictive dynamics into authentic connections with self and others
- Receive ongoing email support during duration of class

We grow primarily through our challenges, especially those life-changing moments when we begin to recognize aspects of our nature that make us different from the family and culture in which we have been raised. ~ Caroline Myss



Sally Bartolameolli, MEd., is a certified Shadow Work® facilitator, Yoga/Meditation teacher, Reflexologist, Holistic Health Counselor, Transformational Coach, Author and leading expert in Trauma Transformation® and addiction recovery. Our issues live in our tissues and learning to connect deeply with our body, spirit and emotions in safe and loving containers teach us bold self-love, self-care, full expression and compassion. Sally utilizes her vast experience and a variety of tools, techniques and ancient practices to call together a sacred, powerfully feminine circle.

Visit her website: www.cosexaddiction.com and www.blessingsfrommary.com

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