

# Shadow Work™ Series

Discover, Honor and Reclaim the power of the four archetypal energies hidden within you.

Eight Wednesday evenings starting Feb. 5<sup>th</sup> through March 26<sup>th</sup>

Spectrum Center-4100 Westheimer Rd. Houston, TX. 77027

In this series you are invited to:

- ❖ Explore the **four archetypes** learning the gifts and challenges for each.
- ❖ Honor your gifts and use them with **intention, clarity and power.**
- ❖ Free up energies used to hide in shadow and shame and **increase vitality.**
- ❖ Expand compassion for yourself and others, learning **self-care as a way of life.**
- ❖ Become skilled at identifying areas of resistance and blocks to having what you want and **take action aligned with your passion and commitments.**
- ❖ Practice giving and receiving **blessings.**
- ❖ Learn and practice a communication model that can **transform conflict into deeper intimacy.**
- ❖ Practice taking **safe risks.**
- ❖ Allow yourself to be witnessed in a **shame free environment.**
- ❖ And more.....

Sally Bartolameolli, M.Ed. has been working with trauma transformation, addiction recovery, grief, women and men's empowerment, oppression and spirituality for over 25 years. As a transformational coach, author, certified Shadow work™ facilitator, yoga teacher, she understands the connection between soul, body, emotions, spirit and mind.

Visit her website:

[www.cosexaddiction.com](http://www.cosexaddiction.com) & [www.blessingsfrommary.com](http://www.blessingsfrommary.com)

Contact: [sally@blessingsfrommary.com](mailto:sally@blessingsfrommary.com) or Call 713.906.9808



Russell V. Richard, LCSW is a therapist, teacher and facilitator with 15+ years. He conducts workshops and trainings on subjects ranging from diversity to psycho-spirituality. Russell assists clients in transforming personal awareness into **success-oriented action** which begins with personal responsibility and the realization that we ALL have the power to create the lives we desire.

Contact Russell at 713.320.7401 or [russell@russellrichard.com](mailto:russell@russellrichard.com). Also visit: [russellrichard.com](http://russellrichard.com) or [blog.russellrichard.com](http://blog.russellrichard.com)



**Lover**—Connection, Body Wisdom and Creativity

**Warrior**—Focus, Boundaries and Action

**Magician**—Discernment, Transformation and Clarity

**Sovereign**—Passion, Leadership and Service

**To register & learn more, download the flyer here:**

[www.blessingsfrommary.com/offerings](http://www.blessingsfrommary.com/offerings)

**Cost: \$160 before January 18<sup>th</sup> and \$189 afterward.**

**When: 8 Wednesdays starting Feb. 5<sup>th</sup> thru March 26<sup>th</sup>.**

**Time: 6:30 pm – 8:15 pm**

**Where: Spectrum Center-4100 Westheimer, Houston TX. 77027**

Pre-registration is required and spaces limited. Send registration with name, email address, phone number to: **Sally Bartolameolli, 922 Nadine Street, Houston, TX. 77009**

Contact Sally for more information at 713-906-9808 and [sally@blessingsfrommary.com](mailto:sally@blessingsfrommary.com)

Contact Russell for more information at 713-320-7401 and [Russell@russellrichard.com](mailto:Russell@russellrichard.com)

Darkness cannot be driven out by darkness; only Light can do that. **Dr. King**