



Introduction to Attitudinal Healing Workshop

Facilitated by: GERALYN RUSSELL

Geralyn Russell completed Attitudinal Healing facilitator training in November 2019. She has been teaching and facilitating groups and programs to assist personal growth by increasing self-awareness and self-expression for over 30 years through yoga and meditation.

Attitudinal Healing is an empowering practice to help us let go of fear and remember that our very essence is love. We experience obstacles to love every day. Through the practice of Attitudinal Healing, we can choose peace no matter the circumstances of our lives. To experience this kind of reality we must be willing to let go of our preoccupation with the past and the future. Attitudinal Healing provides an approach to life based on honest and clear communication with yourself and others to bring about individual transformation.

When:

Sundays: July 11, 18, 25 & August 1
4:00-6:00pm EDT

Where:

Virtual (Zoom)

RSVP to GERALYN:

(850) 264-4193 or geralynmrussell@gmail.com

Cost:

\$10-50 Suggested donation to TLC

Session Topics

Sunday, July 11:

~What is Attitudinal Healing?

Sunday, July 18:

~Authentic Presence and Empathetic Listening

Sunday, July 25:

~Seeing Differently: The Power to Choose

Sunday, August 1:

~Forgiveness as a Life Skill