



Presence of Essence

**a weekly virtual gathering of kindred spirits
on Sundays at 7 pm ET with Rev. Tonia Pinheiro**

Presence of Essence offers a judgment-free sanctuary for self-reflection, practicing and learning how to live life fully from one's Soul Essence. We will learn how the body was meant to **serve** the Soul Essence, not be a substitute or replacement for the Soul - which the body and its invisible systems have been forced to do, until now. Together, we will do the deep and necessary work of giving attention to and understanding the parts of us that continue to resist or interfere with our Soul Essence being fully present in our daily life.

Sundays at 7 pm ET, for 60-90 minutes on Zoom

All ages and identities welcome!

**Each session is \$22 or \$11 as you can afford, and payment
must be received by or before 9 pm on Saturdays.**

More details and payment link at [ToniaP.com](https://toniap.com) [Group Events](#).