

Embracing Change

*“Let us
listen to the hidden waterfall and
call forward the child that lives in
the apple tree” T.S. Eliot*

A Six Week Woman Group Facilitated By Darcy Elman

Working together as a group is a powerful way to move through transitions. This group is for all woman who would like guidance and support in claiming their passion personally, and or professionally. We will use guided, and unguided meditation, yoga practices, journaling, and dialoguing to release old beliefs, and stories, that have become stagnant constructs in our life. We will replace fear with love, embrace our deeper truth, and strengthen our relationship with our self. Each of us will seed and germinate the beauty, and radiance that lives in our heart!



A Six Week Woman Group

Reformation Studio

Tuesday 6:30-8:30 PM
33 Las Colinas Lane
San Jose, CA

\$ 240.00 for 6 weeks

Begins February 17, 2009

To Register call Darcy

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Being In Balance