

# Soul Circle: Tools and Practices for Deep Awakening

JANUARY 23 TO FEBRUARY 27, 2014 ~ 6:30 TO 8:30PM

THE SOUL HEALTH CENTER

3000 BETHESDA PLACE, SUITE 201, WINSTON-SALEM, NC 27103

**This six-week workshop is designed for women who seek a deeper understanding of their worth, purpose, and meaning in the world, a healing space to awaken and cultivate deep connection to heart, soul, intuition, and hidden longings.**

In this workshop, we will share tools to assist you in accessing your intuition in ways that will noticeably benefit your life and deepen your experience of yourself. You'll leave feeling **empowered** and ready make **significant and lasting change** in your life.

Each week, we'll engage in practices including **meditation, expressive arts, visioning exercises, writing and appreciative inquiry** to build your self-awareness, access your creativity and regain connection to your deep longings.

*The fee for this workshop is variable and based on each group member's ability to pay – this is a **heart donation**. We ask you to use your own sense of knowing about what this experience is worth to you. Payment plans are available for those who prefer to spread payments out over time.*



CYNDI BRIGGS

Cyndi is a teacher, writer, and counselor specializing in women's issues, expressive arts, and mindfulness. She is the creator of the Sophia Project, an online resource for women seeking deeper authenticity and connection to soul-based living.



MEGAN NORTH SHUFORD

Megan has a masters of science in social work, is a transformational coach and the creator of the Love Jar Project. She has over 15 years experience working with community organizations, groups, and individuals.

To register by **Friday, January 17**, arrange payment, or for further information please **contact us:**

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