The Gift of Presence

Stop the war with yourself
and Rest in your enoughness

A 10-week Contemplative Journey

Using Michael Brown's book "The Presence Process"

- **Simplify** – release unnecessary drama
- **Relax** – settle into peace at your core
- **Soften** – gently melt knots in your psyche
- **Liberate** – enjoy authentic expression

Starts Thursday, February 4

6:30 – 8:30 pm

Cost: $115

Facilitated study groups are held every other Thursday evening

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