



Blossom Forth!

. . . an Inner Journey

*Rediscover Who You Truly Are.
Create Yourself Anew from the Inside Out!*

Have you lost yourself amidst the hustle & stress of everyday activities?
Would you like to recapture your spontaneity & increase your joy & happiness?
Are you looking for ways to refresh your relationship with your Self?
Would you like to learn how to quiet your mind & enjoy inner peace & tranquility?



This Workshop is for You!

Embark on a magical journey . . .

Let go of limiting beliefs & old patterns of thinking.

Rediscover who you are beyond the many roles
you've played throughout your lifetime.



Learn how to turn your attention within & rest in inner stillness.

Experience new levels of freedom. *Enjoy* life from a new perspective!

*Treat yourself! Transform yourself! For a few hours,
take yourself on an inner journey that will change your life forever!*

Wednesday, April 13

9:00 a.m. - 12:00 p.m. \$40

With lunch (optional) at noon, \$50

**This uplifting Workshop includes Meditation,
Self-Discovery & Insightful Discussions.**

(Chairs provided for Meditation)

Seating is limited. Reserve today. Bring a friend!



For 35 years, Kathy Henning has studied Meditation & the art of Self-Discovery. She is a speaker, teacher & founder of Present Moment Meditation. In 2009 she released a CD, "Living in the Present Moment: Everyday Tools & Practices." For more information visit: LivinginthePresentMoment.com

Return the registration form below and payment to:

St. Paul of the Cross Passionist Retreat & Conference Center

23333 Schoolcraft, Detroit, MI 48223-2405

Phone: 313-535-9563 Fax: 313-535-9207 Email: msansotta@passionist.org

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