



Enhancing Your Life Story

Next held on Monday, August 12 from 6:00 p.m. - 8:00 p.m.

Workshop held at The Enlightened Mind, San Jose

We often see ourselves in a certain way that is not always in alignment with who we really are.

Becoming aware of how you perceive the world around

you can be very healing. In this workshop we will identify what makes you feel 'stuck' in your life,

which may be hidden to you.

I share techniques for connecting to what is deep inside

you and help with releasing what has a hold over you.

I will help you see the greatness you are destined for in your life.

Sign Up at www.shamamma.com

Cost is \$70.00 per person.

What people say:

Did the workshop help you?

YES! I felt so supported by you and the other wise women. I learned some things about myself, and I loved my story for the future.

Keisha

A lot!

There was a major shift in energy which did not come from cognitive understanding or new realization. I was able to recover my happiness and my positive energy.

Neri

Yes, The workshop was powerful. I was able to identify a limiting belief about myself that no longer serves me. In naming it (lack of self acceptance) I am now able to be more conscious and mindful about how I perceive my own worthiness in my actions with myself, my family, friends, work and beyond.

Jenny