

Self Empowerment & Self Healing

*Self empowerment is
choice and self direction.*

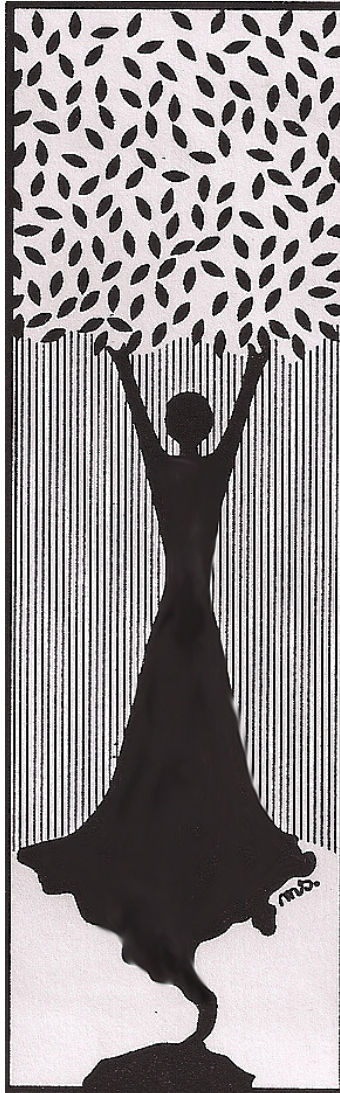
for Women Weekly Group

*Self healing is a
return to wholeness.*

*"The most exhausting thing a woman can do is to be inauthentic."
- Anne Morrow Lindbergh*

- *Self Empowerment
is when we give
power to our true
self rather than to
our personality.*

- *Explore our
individual beliefs, life
patterns and
the walls we build -
how they are
helping or hindering
our ability to create
what we want.*



- *Clarify the difference
between assertiveness
and true self
empowerment.*

- *Become more
confident with
self acceptance
and self expression.*

Bradley & Associates
Catalysts for Change

Sundays 7-9:30 pm April 11 - June 13 (no group Apr 25 & May 23)

Location: Leewi Yoga, 170 Lakeshore Rd West

Fee: \$450

To register or for more information contact June Bradley

(416)884-1738

me@junebradley.com

www.junebradley.com