

September 2023 – June 2024

Reading the Body/Mind/Emotions Blessing the Body/Mind/Emotions

Graduate Class

As any graduate of the Transformation Program may already know, our work is on-going. And the more we do this beautiful Pathwork, the deeper we can go with it.

This next teaching year, I would like to deepen our work into the body/mind/feelings by doing two things:

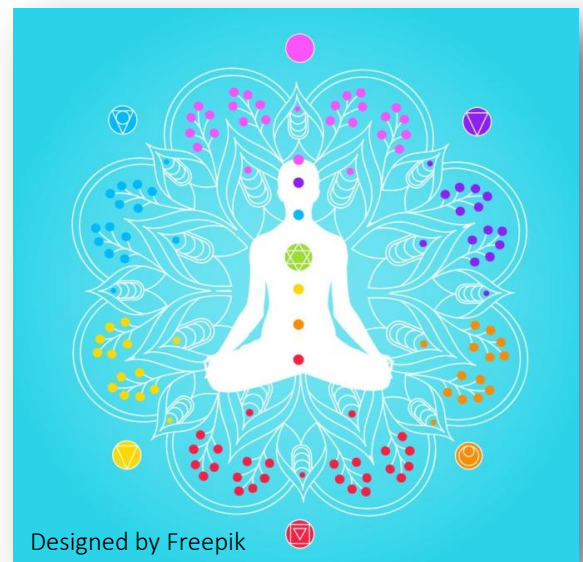
1. Teaching everyone how to “read” their own body.

- What are your body tensions and various aches and pains telling you?
- Any tension/body pain/and illness is the result of stuck negative energy....stuck child consciousness...which will mean negative feelings/attitudes/and beliefs.
- And once we know what the body is telling us, we can deepen our Pathwork by opening those feelings, moving the stuck energy, and transforming them.

2. And as we move the negative and stuck emotions, we will begin the process of blessing all of our energy centers.

- This part of class will consist of a regular practice using several meditations to “Bless” all of our energy centers.
- These various meditations will not only lift our vibrations, but will also help to regulate and balance our nervous systems and create more and more order and health in our body/mind/spirit.

Join me on this journey with like-minded spiritual companions as we learn how to listen to our bodies with compassion and deepen our own transformation process.



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Led by:

Carol Day, Pathwork Helper, energy healer, craniosacral therapist with private and group practices for 30 years.

When:

Saturdays from 10:00-4:00 ET (may extend the time with larger class)

In Person: Sept. 9, Oct. 14, Dec. 9, April 13, May 11, June 8

On Zoom: Jan. 13, Feb. 10, March 9

Where:

21 Whittier Ave., Trenton, NJ 08618

To Register:

Class cost is \$155/class; send a check for \$155 made out to “Carol Day” by September 1 to make your commitment and to hold your place.

Questions:

E-mail carolday3@verizon.net



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