



A Course in Miracles

Choose peace instead of conflict.

Amy Erez B.A., C.M.T., Reiki Master

*Be more fully present. Pain from the past will fade away.
Fear of the future will diminish. Life will flow smoothly.*

A Course in Miracles is a spiritual practice that provides practical tools for attaining peace of mind. **Each meeting is spent discussing the concepts of A Course in Miracles and how to apply this practical philosophy in everyday life.** Daily practice at home brings the course to life!



Amy Erez has been applying the concepts from A Course in Miracles to her life for 25 years. She has found A Course in Miracles to be a transformational practice that teaches a practical way of applying universal truths to daily modern life. Her private work with clients is strongly influenced by these practical spiritual concepts. Amy's guidance offers a profound level of healing to occur as clients embrace this philosophy of life.

Introduction - Thursday, January 13

*Thursdays, Feb. 10 - March 3 & March 17 - April 28
(no class March 31)*

7:00 - 8:00 p.m.

Donation

Location: Windbell Wellness Center ♦ 1924 A Oak Park Blvd. ♦ Pleasant Hill

Everyone is welcome. No previous experience necessary.



For more information, contact Amy: 925.934.3120 Amy@SugiHealth.com www.SugiHealth.com

To register, send form to **Sugi Health** 2096 Hoover Ave., Pleasant Hill, CA 94523

Name _____ Email _____

Address _____ Zip Code _____

Phone (____) _____

I plan on attending: Intro _____ ACIM Feb 10 _____ ACIM Mar 17 _____