



A Course in Miracles

Leave the past behind.
Choose peace instead of conflict.

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

A Course in Miracles is a spiritual practice that provides practical tools for attaining peace of mind. As you study this material you will find that you are able to be more fully present in life. Pain from the past will begin to fade away. Fear of the future will diminish. Life will flow more smoothly as you apply these concepts to everyday challenges. Stop bringing the past into the present and sending it forward into the future.

Each meeting is spent discussing the concepts of *A Course in Miracles* and how to apply this practical philosophy in everyday life. Weekly practice at home will be required for attaining the most benefit from this class.



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.

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

February 24 – March 31

Wednesdays, 7 – 8:30pm

\$20 a class ♦ \$100 for 6 classes

*Everyone is welcome. No previous experience necessary.
Ask about our sliding scale fee.*

To register make check to **Sugi Health** and send with registration form to:
2096 Hoover Ave., Pleasant Hill, CA 94523

Name _____

Address _____ Zip Code _____

Phone (_____) _____ Email _____ ACIM Feb 10