



Embracing Change - Breaking Free of Family Patterns

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

Family patterns are passed on from generation to generation, sometimes over centuries of time. Most of these patterns are unconsciously accrued and unknowingly passed on. As a result we repeat behavioral patterns that influence the layout of our lives without intending to.

Have you noticed a repetitive behavior in your family? Are they attitudes relating to intelligence, gender, race, or age? Perhaps manifesting as being a victim or a bully, guilt or blame, helplessness or arrogance, depression or anger, physical illness or eating disorders, manipulation or indifference. What's the skeleton in your family's closet? Or the elephant in the room that no one talks about?

***Embracing Change – Breaking Free of Family Patterns* is a course that offers the opportunity to identify and break free of these long-term attitudes and patterns of behavior.** Our work together will tap into the inner workings of the soul and what you have come here to learn. The course will provide you with a new definition of self and identity based on the genuine expression of your deepest spirit instead of your family's old baggage.

The course will include the use of flower essence therapy, artistic expression, Reiki, journaling, reading assignments, movement to remove physically stored patterns and other tools for self-inquiry, support and understanding. A profound therapeutic process will unfold over the four months of the course. Commitment to being present and gentle with yourself and others is of primary importance. *Come with an open mind and a heart filled with hope and possibility!*

**Course dates: March 13 - 11 a.m. – 4 p.m.,
April 17, May 15, & June 5 - 1p.m. – 5 p.m.**

\$400

Attendance is required at all four Saturdays.

Contact Amy Erez at 925.934.3120, amy@SugiHealth.com



Registration Form: Sugi Health, 2096 Hoover Ave., Pleasant Hill, CA 94523 **Embracing Change 2010**

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Address _____

Phone _____ Email _____