



Embracing Change

Third Annual Energy Retreat with Cindy Libman

The energy over the past many months continues to be a challenge. As we shift from our old patterns and imprinting of duality into these new waves of light, there is a certain intensity or pressure, and our bodies and emotions need help in navigating and joining with them. On this retreat, we'll be working with this dynamic using meditation, energy work and practices, and a new form of sound and movement that works from inside our very core - *our fluid nature* - to resource and support ourselves during the processes of change. We'll be exploring how to find and connect with constancy in the midst of change and growth, and how to align with the Universal Love and Light that is omnipresent and living through us even when it is not apparent. *Anyone who has attended my workshops or classes is welcomed to attend. This is a residential retreat.*

DATE/HOURS

October 12-14, 2007 (starts Friday at 3:00pm and ends Sunday at 1:00pm)

LOCATION

A private home on beautiful Lake Michigan in Lakeside, Michigan
Location and directions sent w/ registration confirmation. Carpooling available from Chicago.

COST

WORKSHOP FEE: \$250 (*contact Cindy if sliding fee is needed*). LODGING AT HOME: \$20 for two nights includes cleanup services. MEALS: Meals will be prepared onsite and the cost of the food divided among the group. *If you have special dietary needs, you may bring your own food and use the kitchen.*

LODGING

Beds in the private home are in shared rooms. Up to **15** people can be accommodated, so register early to reserve your spot! Reservations accepted on a first-come, first-served basis. *Offsite lodging is on your own!*

INQUIRIES

If you want to know more about this retreat or wonder if it's right for you, contact Cindy Libman by phone at (952) 922-7679, fax (952) 922-0339, or email cindylib2@aol.com.

CONT ED

Cindy Libman has been approved by the state of Minnesota as a Continuing Education Provider for Social Workers, and by the State of Illinois for Social Workers and Counselors. **12 continuing education units are available for this retreat.**



Cindy Libman, LICSW, LMFT, CAEH, is a psychotherapist and advanced energy healer who has been counseling individuals, couples, and therapists for over 26 years. She is a certified graduate of the *Inner Focus School for Soul Directed Advanced Energy Healing*, a registered *Light Body* advanced instructor, and is trained in many meditation practices. Cindy has developed a unique and powerful blend of energy and psychotherapy techniques, combined with spiritual practices drawn from mystical tradition. She offers ongoing mentoring programs for therapists, as well as workshops/retreats all over the country where she uses her intuitive teaching style to create extraordinarily empowering and transformational learning experiences. She is co-author of the *Heart's Calling* article series, and author of *Meditations I*, *Meditations II*, and *Meditations for New Meditators and Teens/Young Adults*. Dedicated to helping people reach their full potential and to raising spiritual consciousness, Cindy also maintains a private practice in the Twin Cities area. www.cindylibman.com

REGISTRATION FORM

Third Annual Energy Retreat with Cindy Libman
October 12-14, 2007

Mail or fax this form to:

**Cindy Libman, 6550 York Ave., #207, Edina, MN 55435
Fax (952) 922-0339**

Name

Phone

Email

Address

DUE NOW

\$50 Deposit to hold space

DUE BY OCTOBER 1ST

\$220.00 Workshop Fee (balance due) and Lodging in Private Home

I've enclosed my check for \$50

I'm faxing this form and have mailed my deposit