

Cindy Libman at Clarus Center!



Living the Sacred

This transformative, six-part program complements any spiritual practice or profession and is designed for those seeking to integrate a higher purpose and deeper spirituality into their life and work. With powerful new tools and practices for daily living, you really can begin creating your own miracles and manifesting what you truly want in life! Come prepared to do self healing and exploration in a loving, supportive group of like-minded professionals. *If you don't have an energy background or wonder if this program is right for you, please contact Cindy.*

The program includes meditations, group discussions, healing demonstrations, lecture, readings, and practice in dyads and small groups. Hatha yoga (asana and pranayama) will be offered. Emphasis is placed on individual attention and assistance. *Depending on the group process, the order of the material to be presented may be rearranged.*

PROGRAM

September 30: Developing a Dependable and Consistent Spiritual Connection

- Meditation: Building a Practice
- Developing an Invocation
- Chakra Review
- Holding and Anchoring Higher States of Flow
- Connecting with Your Divine Self
- Stabilizing Your Connection
- Heart Practices as a Doorway
- Self Acceptance and Compassion

October 28: Spiritual Practices for Daily Living

- Meditations and Invocations
- Use of Intention
- Inquiry and Truth

- Creating and Manifesting
- Guidance
- Journaling
- Developing Your Connection to the Living Field
- Embracing Change as Opportunity for Growth

December 2: Self Healing/Working with Others

- Awareness Release Technique
- Transforming Negative Thoughts and Old Patterns
- Clearing/Polishing the Heart: Moving from Knowledge to Wisdom
- Forgiveness of Self and Others

January 13: Guidance and Higher Will

- Developing Guidance and Inner Wisdom
- Working with Others
- Working Effectively in Groups

February 10: Embodiment

- Breathwork and Movement
- Transmitting and Radiating Light
- Living from Your Heart
- Body Awareness/Mind Body Connection
- Creating the Life You Want with Energy/Spiritual Skills

March 9: Manifesting Aliveness and Passion for Living the Sacred

- Being Your Divine Self and Living More Authentically
- Receiving Divine Qualities of Love, Wisdom, Power, Harmony, and Inspiration
- Fine Tuning Your Skills

RECOMMENDED READING

Transitions, Julia Cameron
Personal Power through Awareness, Sanaya Roman

TIME/LOCATION

Six Sundays from 9:30am–4:30pm
Meetings start promptly with yoga and meditation

**CLARUS CENTER, 28379 DAVIS PARKWAY, SUITE 801
WARRENVILLE, ILLINOIS 60555**

www.claruscenter.com

COST

\$140 per meeting includes lunch; payments are due at each meeting. PLEASE BE COMMITTED TO ATTENDING ALL SIX MEETINGS. IF YOU HAVE TO MISS, MAKEUP SESSIONS ARE AVAILABLE ON AN INDIVIDUAL BASIS. YOU ARE EXPECTED TO ATTEND A MINIMUM OF FOUR MEETINGS.

REGISTRATION AND INQUIRIES

Register in advance by faxing or mailing the Registration Form to Cindy Libman. Class size is limited, so register early! Deadline is September 1st.

Fax: (952) 922-0339

Mailing Address: 6550 York Ave. S., #207, Edina, MN 55435

Phone: (952) 922-7679

Email: cindylib2@aol.com

Website: www.cindylibman.com

TEACHERS



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* 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 and retreats all over the country, including *Awakening Your Light Body*, *Opening to Soul Consciousness*, *Living the Sacred*, and *GEMS*, where she uses her intuitive teaching style to create extraordinarily empowering and transformational learning experiences. She is co-author of the *Heart's Calling* journal article series, and author of *Meditations I*, *Meditations II*, and *Meditations for Teens, Young Adults, and New Meditators*. Dedicated to helping people reach their full potential and to raising spiritual consciousness, Cindy maintains a private practice in the Twin Cities area. www.cindylibman.com



Barbara (BJ) Sadtler is a registered yoga teacher with Yoga Alliance and an active member in the International Association of Yoga Therapists. In 2001 she began teaching yoga and meditation both privately and in group settings. She studies with nationally known teachers and is currently pursuing a Master of Arts degree in Integral Health from California Institute of Human Science. She has written several articles for *Yoga Chicago* magazine and hosts **Alternative Cinema** at the Clarus Center. Her current classes are held at The Yoga Place in Glen Ellyn and at the Clarus Center in Warrenville, IL. www.breatheinc.com

REGISTRATION FORM

Living the Sacred

September 2007 – March 2008
Warrenville, IL

Fax or mail this Registration Form to Cindy Libman to reserve your spot, and bring your check to the first meeting. Registration deadline is September 1st.

Fax: (952) 922-0339

Mailing Address: 6550 York Ave. S., #207, Edina, MN 55435

Name

Professional Licensures/Credentials

Street

City

State

Zip

Telephone

Email (*important – preferred method of contact*)

Background in meditation/energy work: