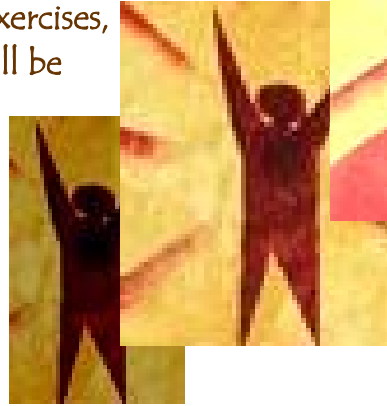
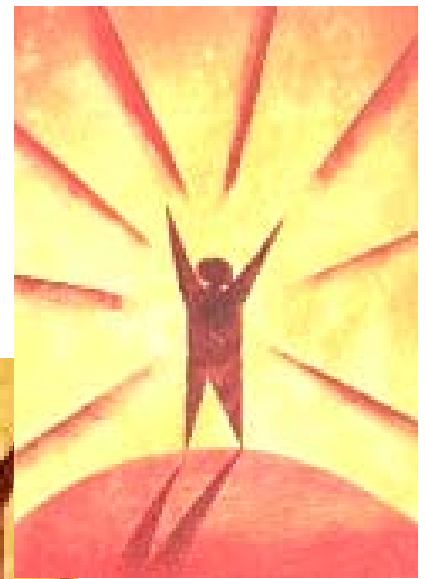


Stepping into the Light

This one-day workshop is for people in any stage of recovery who want to live their life from a higher perspective. You will learn spiritual practices and release techniques to help you work through the steps of recovery with more ease. You will receive help in letting go of old patterns that control you and replacing them with new ways of being in the world. Discussion, experientially-facilitated exercises, work in small groups, and prayer and meditation will be used to help facilitate these changes. *Emphasis is placed on individual attention.*



Date, Time, Location:

Saturday, September 22, 2007

9:00am – 5:00pm

Carondelet Center

1890 Randolph Avenue, St. Paul, MN 55105

Info and directions at www.carondeletcenter.org

Registration and Information:

Registration deadline is September 12. Group size is limited, so register early to reserve your space!

For more info, contact Cindy Libman at (952) 922-7679 or cindylib2@aol.com.

Facilitators:



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, including *Awakening Your Light Body*, *Opening to Soul Consciousness*, and *Living the Sacred*, 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



Mary Froiland, M.S. Licensed Psychologist, has been in practice since 1979. She has worked extensively with clients dealing with recovery from sexual abuse, chemical dependency and other addictions. She works with clients who have emotional and psychosocial developmental deficits arising from abusive or under-nurturing families. Mary works with individuals, couples, and families to help them develop relationship skills and strong community bonds. She views human beings holistically. To help heal the spirit as well as the body and the mind, she has studied with Jon Kabat Zinn and other teachers and healers. Mary works with individuals and groups to bring harmony to the personality, decrease stress, increase health, control pain, and help people find inner serenity and a sense of passion and balance in their lives.

REGISTRATION FORM

Stepping Into the Light

September 22, 2007

\$120 INCLUDES LUNCH

Name _____

Phone _____ Email _____

Mailing Address _____

I've enclosed my check for \$120

I 'm faxing this form and have mailed my check

Mail or fax this form with check by Sept. 12 to:

Cindy Libman, 6550 York Ave. S., #207, Edina, MN 55435

Fax (952) 922-0339