

THE HEART OPENS: TRANSFORMATION THROUGH COMPASSION

A Spring Series At The Meditation Place

January 12th - Deep Listening: The transformative power of empathy.

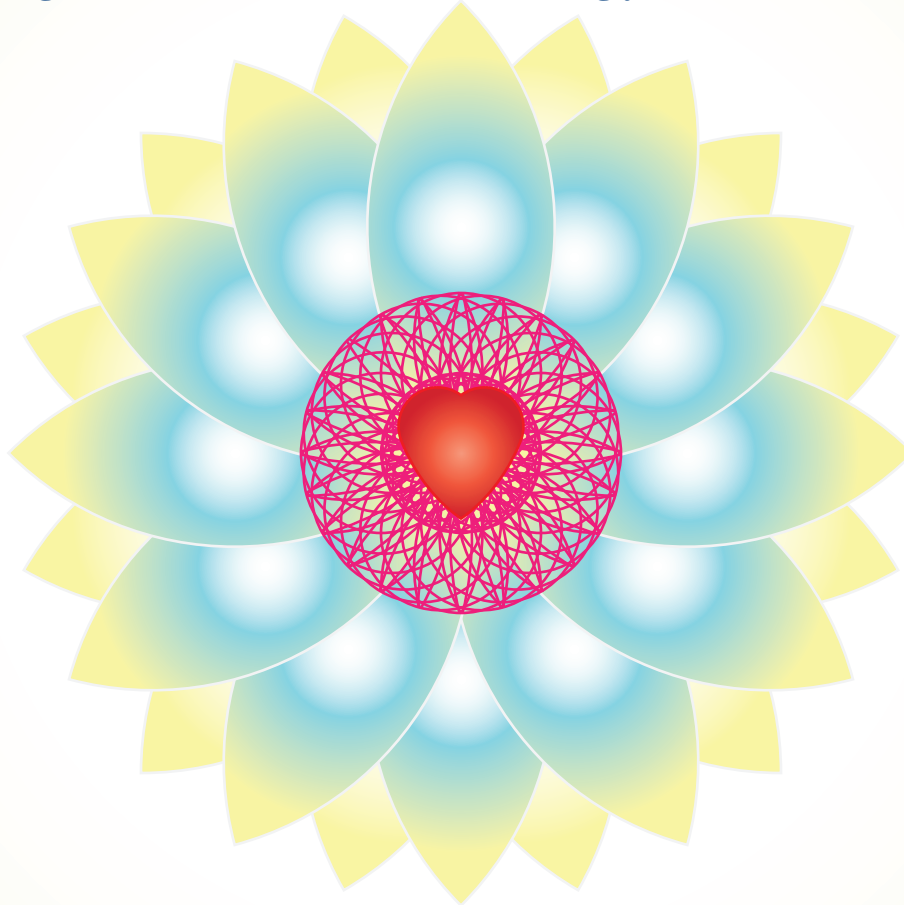
February 9th - The Storyteller and the Witness: Befriending your inner voice.

March 9th - Authentic Expression: Unlocking your potential by being yourself.

April 13th - Anger and Liberation: Using the energy from anger to heal your life.

May 11th - Cultivating Peace: Listening for the loving intention behind every action.

June 8th - Forgiveness and Gratitude: Embracing your wounds with compassion.



Cost Per Session Is \$45.00 (Scholarships Available)

Sessions Will Run Saturdays 1:00 P.M. To 5:00 P.M.

The Meditation Place; 940 Kimbark Ave.; Longmont, CO 80501

Discounts Available For Multiple Sessions: Visit The Web Site Below For Information.

Facilitator, David Steele, poet, writer, and life coach is cofounder of the Rocky Mountain Compassionate Communication Center. He has been deeply involved in personal growth and spiritual awakening practices as both a student and teacher for over thirty years.

To Register, or for more information, contact:

David Steele, 303.596.6063 david.steele@intransformationaltimes.com

Or visit www.intransformationaltimes.com/reg/heartopens_mp-2013.htm

Near your breastbone there is an open flower. Drink the honey that is all around that flower. - Kabir