

# Healing the Heart

## Fall Foliage in Charlottesville, VA

**T**his inspirational workshop provides insight and integration for the mind, body, and spirit. At the onset of this dynamic retreat we explore and release limiting thought and feelings that have kept us from living out our heart's desires. By the end of this course, we will each fully experience the empowerment that comes from listening to our truth and following our soul's guidance. Healing is achieved through a variety of experiential techniques such as guided meditations, intuitive exercises, journaling, gentle yoga, and integrative bodywork.

Our work together is enhanced with heart-chakra polarity therapy techniques. Polarity is a healing modality that balances the flow of life force in the body. We are further supported throughout this week by our connection to one another, the safe space that is created, and the inspiring surroundings. Be ready to experience the warmth of your heart, the light of your soul, and the wisdom that this level of consciousness provides!

**Dates:** Monday, October 27 – Friday, October 31, 2008  
(three full days, 2 half days)

**Location:** The Barn, outside Charlottesville, Virginia

**Cost:** \$650 if paid by September 27; \$695 if paid after September 27;  
\$100 discount for those repeating

**Information:** websites: [www.spiritschool.net](http://www.spiritschool.net)

**Registration:** Call Beth at 540-456-7009

*Please note:* Space is limited. Reserve now!

### *Presenters:*

**Christen McCormack** has been widely known for her intuitive guidance work since 1981. She helps individuals to understand their soul purposes in this life and transform long-standing issues and patterns. Christen is founder of Spirit School of the Intuitive Arts. She is a gifted teacher who has taught numerous workshops and groups on how to recognize intuitive guidance and discern your soul's path in career and relationships. To contact Christen, call 540-987-9272 or email [spiritschool@yahoo.com](mailto:spiritschool@yahoo.com).

**Beth Goldstein, MA, RPP**, is a certified practitioner and teacher with the American Polarity Therapy Association. She also holds a Master's Degree in Educational Psychology. Beth has been teaching mind/body workshops for the past 20 years and also teaches with Christen McCormack in Spirit School of the Intuitive Arts ([www.spiritschool.net](http://www.spiritschool.net)). She is a dynamic healer and instructor who shares her knowledge with enthusiasm, passion, and humor.



*Spirit School*  
OF THE INTUITIVE ARTS

P.O. Box 433  
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540-987-9272  
[www.spiritschool.net](http://www.spiritschool.net)

### *Also presenting:*

**Healing the  
Heart Workshop**

**Pura Vida Spa  
in Costa Rica**

**Jan. 10-17, 2009**