

2018 Spring Self Discovery Journey

♥ Soul Life

Consciously Awaken Who You Really Are

Soul Life groups are designed for those who seek deeper connections with self and others. Our groups meet once weekly and are professionally guided with emphasis on living in alignment with your true self and the peace your heart desires. The work is stimulating for the mind, grounding for the body and nourishing to the soul. We draw from ancient Toltec wisdom (as written in *The Four Agreements* and *Dreaming Heaven*) and modern psychology.

The small group format is supportive, interactive and structured to include journaling, inquiry, sharing, creative expression, meditation and unique soul ceremonies to release old patterns and transform thoughts, behaviors and conditioned emotional responses.

The focus is on freeing yourself from a life of expectation and limitation and consciously choosing a life of passion, purpose and presence.

*Informational Meetings for all groups
held on Thursday January 25th at 10:30-12:00 pm*

Thursday Morning Journey Group Dates

February 1-May 17, 2018/ 9:00-12:00 pm

(Times and dates subject to change based on group consensus)

For information about our **Soul Shine Teen Girls Group** (ages 11 and up), Individual Psychotherapy and Couples Group, inquire at www.soullife.us

Facilitated by Dr. Chez Leeby, Ph.D., LMFT and Kim Purcell

**Visit us at www.soullife.us or call (904)616-7738 | (904)545-1327
for registration, pricing information and testimonials.**