



WORKSHOP EVENT

HEALTHY BOUNDARIES

SAT, NOV 3

11:30-7PM

\$150

Sign up on line today! www.yoga4.net

LEARN HOW TO USE THEM AND WHY THEY ARE SO IMPORTANT

Healthy Boundaries define your life by establishing what is acceptable to you...mentally, emotionally, physically and spiritually. They are the guidelines you create that allow you to live in alignment with who you really are.



Cathy Bourdon Parling is an internationally know Transpersonal Healing Therapist assisting her clients to shift into their authentic self, love and joy. She is the author of *The Key to Me*, *Grounding and Your Column of Light* and *The Energetic Tune-Up*. Cathy maintains her website www.everhealing.com and has a private practice in Traverse City, Michigan.