



- ♥ **Avoid 9 Unconscious Traps** that cause mental-emotional stress and undermine your well meaning intentions
- ♥ **Learn 7 Steps** for Clarity and Heart-Connected Conflict Resolution
- ♥ **Learn stress reducing** heart-brain coherence meditation techniques
- ♥ **Differentiate** thoughts from emotions when triggered
- ♥ **Build TRUST**, mutual respect, understanding and integrity
- ♥ **Practice clear**, complete and honest communication that creates and maintains loving intimacy.
- ♥ **Stop dis-empowering** behavior patterns that are passed down unconsciously from one generation to the next
- ♥ **Model effective and respectful** communication skills to your loved ones, co-workers, colleagues and clients
- ♥ **Take home** effective tools that reduce mental-emotional stress and support immune function for holistic health and wellness

2-Day Commitment To Love Workshops

Provide a safe, supportive and nurturing environment for men and women in which to heal past hurts and fears, learn new effective ways to communicate from the heart and gracefully return to your loving intentions for creating and maintaining successful relationships - personally and professionally.

Please put me on the list for the following workshop(s):

- ◇ **Phoenix, Arizona** March 21-22 **SOLD OUT**
- ◇ **Sedona, Arizona** May **Reserve NOW**
- ◇ **Paso Robles, California** TBD **Reserve NOW**
- ◇ **Newport Beach, California** TBD **Reserve NOW**
- ◇ **Connecticut** July 11-12 **WAIT LIST**
- ◇ **Santa Barbara, California** Summer **Reserve NOW**
- ◇ **Ashville, North Carolina** TBD **Reserve NOW**
- ◇ **Aspen, Colorado** September 26-27. [Register NOW](#)
- ◇ **Topanga, California** October 17 -18 [Register NOW](#)

NAME _____	EMAIL _____
PHONE _____	# PEOPLE _____
COMPANION _____	EMAIL _____
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INTENTION:	