



# STAND IN LOVE WORKSHOP

## Shifting from Fear to LOVE

This free one-day workshop is for women and men who want to consciously evolve to shift and transform from a fear-based to loving-kindness focused life within yourself and learn to stand in love for the world. We will explore the wisdom of the feminine principle, unbounded loving kindness and healthy boundaries with others. We will enjoy lots of love practices including guided meditation, contemplative journaling, art made from love, gentle body movements and compassionate group dialogue. Come join us in the LOVE field for the day!

### Workshop Information

**Date:** Saturday, June 17, 2017

**Time:** 9:00am to 5:00pm

**Place:** 841 Corporate Dr. Suite 301, Lexington, KY 40503

**Cost:** Free

**What to Bring:** Please bring a brown bag lunch, journal, open heart. Tea, water and fruit will be provided.

### **To register or for more info on the STAND IN LOVE Workshop:**

Call Theresa Barry-Greb MS, PT at (859) 494-5851 or Email her at [Theresa@FacilitativeHealingCenter.com](mailto:Theresa@FacilitativeHealingCenter.com). You can also register on our website at [www.FacilitativeHealingCenter.com/events/](http://www.FacilitativeHealingCenter.com/events/)

### Facilitators



**Susmita Barua**, M.S, M.A. Certified Life Coach and recently ordained Lay Buddhist Teacher (Dharmacharya Navasajiva ) has facilitated many mindfulness-based personal growth workshop in diverse forums, led mindfulness training for Peace and New Economy advocates and a Natural Awakening Spiritual Retreat for Women in last 12 years. Contact her: [Info@seek2know.info](mailto:Info@seek2know.info) 859-420-3922



**Theresa Barry-Greb** MS, PT is a Loving Journey facilitator and has facilitated many groups, workshops and coaching sessions over the past 15 years including Loving Journey, EBT, Dream Interpretation, Energy & other spiritual topics.