



Loving Journey 101 is a twelve-week group program designed to create a love-focused life with unconditional love for yourself and others. During this program, you will learn how to create a Love Bridge between the reptilian (survival reactive-flight/fight) part of the brain and the neocortex (feelings/emotions-reasoning) part of your brain. That bridge includes different planks such as presence, compassion, forgiveness, acceptance and unconditional love. You will then learn how to bind these planks with strong bridge rails of healthy limits and healthy boundaries all designed to guide you to a more balanced, healthier life. Then with the shared wisdom and experiences of its participants, your Love Bridge becomes even stronger.

Loving Journey 101 programs begin in January

Dates/Time: Mon 1/28/2019 thru 4/15/2019 (online) – 7-8 pm (ET)
Or Tues 1/29/2019 thru 4/16/2019 (on site at FHC Facility – 6:30-8 pm)

Onsite Location: Facilitative Healing Center
841 Corporate Drive, Suite 301
Lexington, KY 40503

Cost: \$397 if paid in full or \$35 per week/session

Registration: Call Grace/Theresa at (859) 494-5851 or email her at
Theresa@FacilitativeHealingCenter.com

Facilitators: Mon. 1/28/2019 Online Group - Grace
Tues. 1/29/2019 On-Site Group - Shelby Horn

Facilitative Healing Center

We help people achieve balance in their physical health and emotional wellness