

Exploring the Power of Feeling

with John Pateros

April 21 & 22
Sebastopol, CA

FREE INTRO
Friday Evening!

Friday evening and Saturday we'll be going on inner explorations to uncover the transformative magic hidden in feelings. We'll be using new tools that make it very easy to love and accept difficult feelings and energies. And rather than succumbing to or denying the fear, anger, grief or powerlessness that's been triggered—we'll use this energy for waking up to deeper and more vital parts of ourselves previously hidden in unconsciousness. In doing this, we can awaken to what's been in our shadow, awaken to more real power to make changes in ourselves and the world.

- Learn new tools for inner exploring & healing.
- Open to more of your whole heart.
- Embody your own fierce, real love.
- Discover a deeper, more robust intuition.
- Experience a new way to journey deep inside.

Come to a **free introductory evening on Friday from 6:30 – 9:00 PM**. And if you like, come back to **Saturday's workshop from 10:00 AM to 5:30 PM**. Tuition is \$100 and includes all materials. Please call or text John at 415-233-2313 for registration, location or more details.



John Pateros is the developer of Process Coaching[®], *Exploring Sentience* and the tools of *Healing to Wholeness*. With more than 40 years of experience in the healing arts, he's been a practitioner, trainer and teacher for the past 30 years. This workshop is another expression of his passion for inner exploration and healing.