

REMEMBER YOURSELF!



AWAKEN TO YOUR WHOLE BEING...

WITH THE POWERFUL TOOLS OF
PROCESS COACHING®

A WEEKEND WORKSHOP IN SONORA WITH TRACEY WRIGHT

- ♥ Break free from old patterns.
- ♥ Learn tools for healthy relating.
- ♥ Reclaim lost parts of self.
- ♥ Experience more love, joy & happiness.

Process Coaching is a new modality for emotional healing that enables us to become comfortable with all feelings as they arise and makes it remarkably easy to heal difficult emotions. Whether loss of love, depression, anger, fear, addiction, or any other difficult emotional situation, the tools and methods learned give you ways to easily process emotions and become your own Healer.



Tracey Wright is a certified Process Coach and Teacher with over thirteen years of experience in the healing arts. Tracey integrates her practices of Nonviolent Communication, Qigong, nature awareness and meditation with the very effective healing tools of Process Coaching. She loves to explore and share the truth and power that comes from discovering the true Self. Tracey offers individual, relationship, and teen coaching.

Saturday & Sunday, February 7 & 8

10:00 pm – 4:00 pm ~ Lotus Roots, 115 W. Bradford Street, Sonora

Cost for the weekend: \$180, which includes two telephone check-ins after the class,
and the 240-page Process Coaching Practitioner Manual.

For registration, or further information, contact: Tracey at (209) 984-2086

ProcessCoaching.com/Tracey