



Fanning the Flames of Self-Love

with Michele Rocha

**Six Wednesday evenings in Sebastopol,
beginning September 16...**

Love is the true medicine of healing. Unconditional love is the answer to every problem and the quickest way to be more of who you really are and have more of what you truly want. Join us in this six-week class series to explore the art and practices of Process Coaching®—amazing new tools for self-exploration and healing. In this class you will learn how to:

- ♥ Undo old conditioning and discover the deep wisdom of your feelings.
- ♥ Turn unloving judgments into loving acceptance.
- ♥ Love your deepest desires and open space for them to manifest.
- ♥ Tap into the powerful and loving intuition of the Universe within.

Michele Rocha is a certified Process Coaching Teacher with over ten years experience in the healing arts—and a lifetime of exploring the edges of love. She sees individual and couples in her Process Coaching practice in Sebastopol.

Class dates: Sept. 16, 23, & 30, Oct. 7, 14 & 21 – 6:30 to 9:00 pm.

Tuition is \$185 for all six classes and includes weekly telephone check-ins, the 240-page *Process Coaching Practitioner Manual* & the *Healer's Practices* 2-CD set.



Call Michele at 707-535-9651 to register or for more information.