

LOVING & HEALING

*FROM THE
INSIDE OUT*

*A SIX-CLASS SERIES WITH
THERESA RIVERA, RN*

EXPLORE THE POWERFUL TOOLS & FRAMES OF
PROCESS COACHING®

- ♥ Clear inner blocks & manifest your deepest desires.
- ♥ Have more love for yourself, partner, family & others.
- ♥ Manifest deep healing for you and your world.

Process Coaching is a unique approach for achieving deep emotional healing in the service of manifesting what you truly want. You will learn the powerfully effective tools and inner art of Process Coaching, a synthesis of Hypnotherapy, Neuro-Linguistic Programming, Right Use of Will, Shamanic Wisdom, Psychic Awareness, and the Intuitive Arts. As you bring the power of love and healing fully into your life, true magic and transformation happens.



Theresa Rivera has been a registered nurse for 25 years and a certified Process Coach for five years. She is also a certified Jin Shin Jyutsu Practitioner and has studied herbs and Iridology. A health care professional for over 40 years, Theresa is dedicated to healing herself with the tools of Process Coaching, and she is passionate about sharing what's been working for her with others—so they too can be their own healer.

Six-Session Class: Fridays, Feb. 7, 21, Mar. 7, 21, Apr. 4, 18
6:30 – 9:00 pm ~ Location TBA, Santa Rosa

Cost for the class series: \$180 and includes bi-weekly telephone check-ins, a 240-page Process Coaching Practitioner Manual, and Healer's Practices 2-CD set. For registration, or further information, contact: Theresa Rivera (707) 888-6227

ProcessCoaching.com/Theresa