

Spiritual Blooming Workshops: A Path to Transformation and Evolving Soul Consciousness



What if you could:

- Live in a calm, peaceful, steady connection of “embodied soul consciousness/awareness,” free of fear, doubt and isolation.
- Cultivate the lightness, brightness and joy of a soul-driven life as your dominant, “go-to” place.
- Deepen the bond with your higher self, enabling you to receive clear messages, and to deliver your unique configuration of spiritual/soul gifts to the world.
- Become part of a spiritual team contributing to personal and world transformation, using the power of “higher mind” consciousness that lives in the soul.

***Are you ready to Transcend ego-isolated consciousness,
and live from your Soul and a greater whole?***

These workshops are for those who are looking for a “spiritual transformation”: to let go and allow a new awareness to shine through, to begin or continue a lifelong unfolding of a greater consciousness that holds you in the embrace of a connected, loving, expansiveness that becomes a constant companion.

From our direct experience, this type of soul-knowing increases connection to your true self and opens spiritual empowerment, intuitive understanding and a deep sense of surrender/letting go that silences the nagging negative thoughts and worries of individual ego.

Are you ready for a new awareness to shine/radiate through you?

Join us in a series of 4 workshops that build on each other. Experience a permanent transformation in self-development during our workshop series. Learn tools to create an internal anchor and rely on self and soul guidance for lasting change. Our classes provide a solid path and processes for continued growth, building momentum towards a self-perpetuating journey of personal transformation.

Each Workshop includes:

- Sacred spiritual meditations
- Group spiritual hypnosis for deep inner shifts
- Spiritual self-enquiry processes to reveal inner truths
- Unique Pranayama breathwork to facilitate lasting change

Dates:

Weekend 1: Nov 1-2

Weekend 2: Dec 6-7

Weekend 3: Jan 10-11

Weekend 4: Feb 7-8

Hours: 9 to 4:30ish pm CST; 10-5:30ish EST

Investment: \$1550 (payment plans available)

\$1300 if paid in full by Oct 13th

Reserve your spot with a \$100 deposit by Oct 3rd

Your facilitators/mentors:



Laureen Rose, LCSW, ACHt, and Michael Rosenbaum, CHt, are lifelong meditators and spiritual practitioners who have been studying together for almost 20 years. Both are certified transformational hypnotherapists and RoHun practitioners. In addition, Laureen is a licensed clinical social worker of 45 plus years and trained in breath therapy. For years she taught and trained Heart-Centered Hypnotherapy and personal transformation workshops. Her psycho-spiritual approach incorporates both traditional and alternative practices, focusing on mind, body and spirit as integral to the healing process. Michael is a certified energy worker from the Barbara Brennen School who helps people “live happy” by transforming unhealthy behaviors and stuck emotions, and learning to live from a place of joy from their higher selves. He is a certified metaphysician practitioner and was trained by Dr. Michael Newton to take people on a journey to the “life between lives.” Both Laureen and Michael bring a loving, open, and direct style to their work. Their practices are in Park Ridge, IL, and Danbury, CT, respectively.

For Registration & Information, contact:

Laureen: 773-490-6366, website:heartandsoultherapies.com, laurie_rose@yahoo.com

Michael: 914-589-3601, website:alternativechoices.org, michaelr@alternative-choices.org