

Create a New Reality - the One of Your Dreams

Saturday, April 11th, 9 a.m. - 5 p.m.

Spend the day with two gifted, internationally-recognized teachers at the beautiful Amado Territory Inn just 30 miles south of Tucson.

Intuition for Wholeness with Cynthia Lester

Enhance your work, relationships and health! We can co-create genuine smiles and joy in our lives. We'll deepen our perception of the past, present and future. Using meditation, guided imagery, movement and sound, we'll discover together our soul relationships and learn to access and decode the messages from our personal images and feelings.

Cynthia Lester, a born intuitive, has been a counselor and educator for 35 years. Her teaching focuses on creating processes which allow her students to fully awaken their inherent gifts of intuition and healing. Her work is transformational. Cynthia holds a Master's Degree in counseling and human relations, is a frequent TV and Radio guest, and has been a featured writer in *Wisdom of the East* and *Alternative Life Magazine*. Cynthia lectures and facilitates workshops around the world.

www.cynthialester.com



Change Your Emotional DNA - Experience More Joy with Alexandra Delis-Abrams, Ph.D.

Fulfill your passion for life, and join Dr. Alexandra in an experiential workshop as she teaches you to reprogram your emotional DNA. Discover how your DNA was programmed, learn how it affects your dreams and goals, and change it to create the life you really want to have. A Laughter Yoga session will be included. This day will be the day when you awaken and connect with the true vibration of your being.

Alexandra Delis-Abrams, aka The Attitude Doc, is a holistic health practitioner dedicated to helping others live with more love and light. She is the author of *Attitudes, Beliefs and Choices*, and her award-winning product line, which helps promote the benefits of attitude awareness and healing, is distributed to the four corners of the globe. A certified Laughter Yoga Instructor, she is also a Fellow to the American Institute of Stress, member of the Association for Transpersonal Psychology, and adjunct faculty at Boise State University.

www.theattitudedoc.com



Tuition is \$159.00 including lunch and both seminars.

Attendance is limited to 30 - Discount available for groups of 2 or more.

Sign up online at www.cynthialester.com or call (520) 401-3000 for further details – check MC/Visa accepted

Both teachers will be available for private consultations on Sunday, April 12th, by appointment.

“The intuitive mind is a sacred gift and the rational mind its faithful servant. We have created a society that honors the servant and has forgotten the gift” - Albert Einstein