

Breaking Down the Wall of Shame

WHERE:

Awakenings Yoga Studio

WHEN:

Saturday, September 24

TIME:

1:00-3:30pm

COST:

\$35, \$30 before 9/16



209 Gilead Road
Huntersville, NC
704-340-5730

We have it. Seems as if we were born with it. Shame is the #1 ailment that stunts our spiritual growth and limits our freedom to live in healthy relationships – with ourselves, the Holy and others.

This workshop is designed to begin the healing process of our individual shame. Through reflection, guided imagery, and group spiritual direction, we can begin the journey towards healing and wholeness!

Facilitator: Linda Flynn, C.SD - Executive Director of the Charlotte Spirituality Center. Her specialties are the Enneagram, Ignation Spirituality, contemplative style spiritual direction and 12 step spirituality. Linda received advanced training from San Francisco Theological Seminary's "Together in the Mystery" Spiritual Direction Supervision Program.