

NEXT R/L CLASS BEGINS!
February 28th - April 4th
Tuesdays - 6 Classes
5:30-7:00pm

**We're
going
VIRTUAL!**



The quality of your life is determined by the focus of your attention.
— Cheri Huber, Zen Teacher

How to Have the Life You Want

*Recording
and Listening*

*A Six-Week
Skills Training*

**Virtual Classes...from the
comfort of your own location!**
All you need is a phone!

- 1) Learn how to directly access the wisdom, love and compassion that is your authentic nature.
- 2) Clarify how you want your life to be and practice using the most effective tool we have found to realize that life.
- 3) Have a direct experience of the best mindfulness technique available.

Cost: \$300

9 CEU's are available (\$25 additional fee)

*This workshop/course meets the qualifications for 9 hours of continuing education credit for MFT's, LPCC's, LEP's and/or LCSW's as required by the California Board of Behavioral Sciences (PCE#5836).

To Register:

CALL: (619) 300-2124 or EMAIL: lauracarrmft@gmail.com

Facilitated by Laura Carr, LMFT

Offered by Living Compassion. www.livingcompassion.org