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The KNOWING & LOVING ME Life workshop provides opportunities to explore intimacy, relationship, sexuality & spirituality. Our relationships with others are patterned upon our relationship with ourselves. Our sexual energy is our creative power. Relationships & sexuality enhance the fullness of our lives. How we are handling relationships & sexuality teach us about ourselves. Begin to explore what you desire. Learn to love yourself enough to receive it. We will share our stories, claim the radiance & beauty of our power & unite our sexuality & our spirituality.

YOU WILL:

- * BRING LIGHT, LOVE & LAUGHTER INTO ISSUES AROUND SEXUALITY.
- * DEVELOP NEW LEVELS OF SAFETY, CONFIDENCE & COMFORT IN YOUR BODY.
- * ACKNOWLEDGE & RELEASE DENIALS.
- * INTEGRATE SEXUALITY & SPIRITUALITY
- * INTEGRATE SEXUAL POWER IN A LOVING, GENTLE, NURTURING WAY.
- * TOUCH & OPEN YOUR HEART & MIND TO CONSTRUCT LOVING RELATIONSHIPS.
- * EXPERIENCE SACRED CEREMONY.

KNOWING & LOVING ME LIFE WORKSHOP

*What are you dreaming about?
What sexual baggage are you carrying?
What in your relationships
are you seeking to change?*



*If you are holding back,
settling for, hanging on or waiting,
The KNOWING & LOVING ME
life workshop is for you!*

GAIA HEALING CENTER

Friday - Saturday - Sunday

JUNE 1 - 3, 2012

Fri. 6 - 9 p.m., Sat. 9 a.m. - 6 p.m.

Sun. 10 a.m. - 1 p.m.

The Knowing & Loving Me Life Workshop

Facilitators:

Ebun Adelona, PhD,
& Rev. Adara Walton, N.D. PhD

Where:

GAIA Healing Center
8002 B Dolly Hyde Road
Mt. Airy, MD 21771
www.gaiahealing.com

Cost: \$400 if you
Preregister by April 9, 2012
\$100 deposit

Refund Policy: Cancellations within 5-10 business days of the first day of the workshop will be refunded minus \$30 Processing fee. Cancellations within 4 business days, no show or starting the workshop and not completing it will not be refunded. No refund requests will be honored post workshop.

**Plan Ahead for this
Weekend Life Workshop
REGISTER EARLY! Save \$20**

Register early, use our payment plan on line www.getagripionlife.net or send the completed form and registration fee checks payable to:

**Ebun Adelona, PhD
P.O. Box 156**

Hot Springs, SD 57747

After April 9th cost is \$420

contact Rev. Walton at 410-799-8066
and give your name,
telephone number & address



Dr. Ebum Adelona is an energy and breath master who is trained in psychotherapy, holistic nursing, and anthropology. Ebum's current approach to health and healing involves subtle energy work. With profound respect for the innate healing knowledge of each individual, she teaches and guides people to change and transform their lives. Dr. Adelona is the author of *Save Yourself: A Practical Guide for Understanding Energy, Emotions, and Health*. Dr. Adelona's website is www.getagripionlife.net



Reverend Dr. Adara Walton is an ordained minister, Doctor of Naturopathy, Bio-Energy Kinesiologist, certified Basic Attractor Technique Practitioner, Heart & Soul practitioner, Reiki/Amanohuna master teacher and practitioner, and shaman. Educating the client in self-healing is the foundation of her practice as the body unlocks its truth. Rev. Walton is the author of *Everybody's Truth: Muscle Testing for the Masses*. Rev. Walton's website is www.spiritismylife.com

The Knowing & Loving Me Life Workshop
June 1 - 3, 2012

Name: _____
Address: _____
Daytime Phone: _____
Evening Phone: _____
E-mail: _____
No. of persons attending _____
Amount Enclosed: _____ (Make checks out to Ebum Adelona)