



EMOTIONAL HEALING RETREAT

Heal your body by healing your emotions. Emotional pain takes many forms: the grief of loss, overwhelming stress and anxiety, major or chronic depression, job burnout, feeling stuck or trapped, heart break, lingering guilt, regret, fear of trusting again, pent-up anger, worry about the future, and shame from the past.

In the face of difficulty, most of us do our best to cope with the situation, hold it together, and keep going, but we often end up carrying emotional pain that we don't know how to heal or release. The toxic residue of painful experiences gets stored in our emotional heart, limiting our ability to give and receive love.

Hilton Garden Inn Carlsbad, California

(Northern San Diego)

February 4-6, 2011

\$497 early tuition

(Limited to 25 participants)

Retreat Leader:



Jana Fleming, is the founder of *A Journey to Wholeness Retreats*. She is a Master Emotional Healing Coach, and Meditation teacher through the *Chopra Center for Wellbeing* in California. Jana taught at the renowned Chopra Center for Wellbeing in Carlsbad, CA under the direction of Drs. Deepak Chopra & David Simon. Visit: www.janafleming.com & www.emotionalhealingsystem.com or call: **505-672-8770**