

the untethered soul

the journey beyond yourself

BOOK STUDY

MONDAYS 10AM - 11:15AM

RECOVERY CAFÉ SODO (4202 6TH AVE S)

6 WEEKS LONG STARTING OCTOBER 17TH

PURPOSE:

- LEARN TOOLS TO FREE YOURSELF FROM NEGATIVE THOUGHTS AND EMOTIONS
- LEARN HOW TO CENTER INTO YOUR TRUE SPIRITUAL SELF
- HOW TO IMPROVE YOUR CONSCIOUSNESS AND INCREASE INNER FREEDOM

THE CLASS WILL CONSIST OF READING THE BOOK OUT LOUD IN CLASS, DISCUSSION, AND THEN WORKING ON ONE OR TWO ACTIVITIES FROM THE ACCOMPANYING WORKBOOK CALLED THE UNTETHERED SOUL GUIDED JOURNAL AND SHARING RESULTS.

BOTH BOOK AND WORKBOOK WILL BE PROVIDED TO YOU FREE OF CHARGE.

FACILITATOR: SUSAN KYDD, VOLUNTEER AT SODO.

WANT TO REGISTER? HAVE QUESTIONS? EMAIL SUPPORT@RECOVERYCAFE.ORG