

Create Your Summer of Success!

The Power of Your Heart Empowerment Program with Tanya Wallace

Empowering you to live your life with passion and purpose while inviting well-being and peace

Improve your life with The Power of Your Heart!

This 5-week empowerment program explores how the relationship you have with yourself affects your health, career, relationships, prosperity and more.

- ♥ Learn why self-love matters
- ♥ Explore how you see yourself
- ♥ Create a positive self-concept
- ♥ Integrate self-care
- ♥ Enhance your relationships
- ♥ Eliminate limiting beliefs
- ♥ Discover what brings you joy
- ♥ Awaken your authentic self

Discover the power of self-love and its amazing impact on all areas of your life! Share and express your feelings without judgment. Receive guidance, insight and support to enhance and strengthen your self-relationship. Empower yourself with valuable tools, strategies and solutions to help you move forward with clarity, confidence and grace.

Individual or group program consists of a series of 5, 90-minute weekly workshops. \$575 per person. Each week receive guidance, exercises and homework to further support integration and understanding of key concepts.

*Self-love is essential to satisfaction and success in every aspect of our life.
With self-love, anything is possible!*

TO BOOK AN INDIVIDUAL OR GROUP PROGRAM:

Please call 203-947-0063 or email: Tanya@DreamCatcherLLC.com
www.DreamCatcherLLC.com

Receive a \$50.00 discount when you refer a friend!