

Health and Happiness by Choice Not Chance

Immersion in Physical and Emotional Health

By popular request **Linda Dierks** of Spin Straw to Gold returns with this four-part intensive series promoting physical and emotional wellness, a sequel to her groundbreaking program, Health and Happiness by Choice Not Chance, the series develops core wellness through skills-building and personal exploration.

Linda uses her background in marketing, public administration and academia to ground her teaching to a wide audience. New thought training includes the Stillpoint School, Barbara Brennan and Donna Eden Schools of Energy Healing and several alternative health modalities.



"This is a unique opportunity for anyone wishing to develop a healthier body and high-functioning mind through the power of science and thought."

-- Linda Dierks

3:00 pm – 4:30 pm, Thursdays,
April 6th
April 13th
April 20th
April 27th

Gilda's Desert Cities
73555 Alessandro Dr.
Palm Desert, 92260

You will learn to –

- Define your focus and tailor your thoughts to create your best life.
- Identify and eliminate blockages and harmful thoughts that inhibit health and personal growth.
- Embrace your life's challenges to create higher consciousness.
- Create a daily meditation and energy medicine practice to establish systemic wellness in both body and mind.

This event is open to the public.

Space is limited

RSVP: 760-770-5678

www.GildasClubDesertCities.org

