AHA MOMENTS

**WORKSHOP OFFERED BY KYLA CARSON**

**10 AM TO 4 PM**

* A MOMENT OF CLARITY WHERE YOU GAIN REAL WISDOM
* HOW TO LET GO OF THE NEED TO CONTROL
* LIGHT UP YOUR BRAIN TO ACCESS CREATIVITY
* FOCUS ON EMOTIONAL AND LIFE CHANGING EXPERIENCES
* LEARN TO NURTURE APPROPRIATE MENTAL ATTITUDES
* RELAXATION TECHNIQUES TO ENHANCE THE EXPERIENCE
* HOW TO MINIMIZE RESISTANCE
* MEDITATIONS TO FREE UP ENERGY
* HOW TO PREPARE FOR WHAT WILL CHANGE

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