


WOMAN: HEAL YOUR PATH



AN EMOTIONAL HEALING EXPERIENCE

- 
- ❖ The health of our society depends on the health of each individual that conforms it.
 - ❖ The love of mother and father provides the first impulse to live a fulfilling human experience.
 - ❖ An emotionally and mentally healthy mother inspires us to receive and give love without fear.

“WOMAN: HEAL YOUR PATH”

It has been designed specially to help women identify limiting behaviors and thought patterns associated with guilt, remorse and shame for who they think they are.

When these limiting behaviors and thought patterns are not changed, mental and emotional “knots” are manifested, in many cases, as tumors in the chest and/or the reproductive system and the abdomen of women

This workshop is for all women interested in:

- ❖ Keeping mental, emotional and physical wellbeing
- ❖ Going deeper in their spiritual and inner work
- ❖ Working on their emotional scars that interfere to make permanent behavior changes.
- ❖ Increasing their will power, determination and joy
- ❖ Find and use their inner power to heal themselves and their environment

The Emphasis of the workshop is:

- ❖ Prevention of illness associated with lack of attention of emotional, mental and physical needs
- ❖ Identification of areas of the body where there is somatization of diseases, nervous tics, pains, etc. due to long lasting unresolved issues.
- ❖ Use of the Law of Attraction with self responsibility for thoughts, words, actions and fears manifesting in our lives.
- ❖ Use of techniques to deal with stress, such as: conscious breathing, journaling, self massage, Yoga, relaxation, visualization, reflexology, Qi Gong, bio-dance, connection with Nature and many more.
- ❖ Techniques to heal the body of memories of pain, abandonment, abuse, criticism, etc.
- ❖ The creation of a group of women to support and empower each other as: friends, mothers, daughters, grandmothers, sisters, relatives, partners and professional women.

- REQUIREMENTS: HAVING EXPERIENCED SOME GROUP WORK... THIS WORKSHOP IS INTENSE.
- TIME: 15 HOURS (TWO CONSECUTIVE DAYS)
- FIRST DAY: FROM 9:00 AM TO 5:00 PM
- SECOND DAY: FROM 9:00 AM TO 4:00 PM

BRING:

Comforter, pillow, large towel, socks for the working area, notebook and pen

Some personal small object that used to be very important to you during a certain time of your life and that now you are ready to let go and give away to another woman. (Please do not buy anything new for this process)

Wear very comfortable clothes. Some activities are done outside on the grass.




Ligia Ramírez is a facilitator of personal growth workshops. She offers teachings and techniques to find the balance between the mind, heart, body and Spirit.

Some are:

- The Art of Being Present (a course to help people live consciously moment by moment)
- Family Constellations
- Work with the Inner Child
- Interpretation of Spontaneous Drawings (Jungian Symbology)
- Sugestopedia (Creation of personal MP3's to heal limiting thoughts and behaviors)
- Reiki (Usui Method).

Ligia's work and training have taken her to different places in Europe, North, Central and South America. She has been trained by master teachers in their fields.

www.lamLuz.com



Woman gently and strong, tell me:
What has been your path?
When did you remain silent for the first time?...
Find the power to heal and
...sing your heart's song!!!

Back to www.iamluz.com