



**THE HEALING HEART RETREAT<sup>®</sup>  
RETURNS  
NOVEMBER 19-22, 2011  
IN VIRGINIA!!!**

*People frequently ask what is a Healing Heart Retreat<sup>®</sup>? The answer is simple - it is a wonderful transformative experience, where inner peace can be established perhaps for the first time, among other types of awareness. What does that mean? Tired of living the old way? Desire a new lease on life? Feel like you could use a booster right now?*

*Remember when you had an experience in your life that you wished you could have shared with a friend or family member, because it touched a place deep inside of you? Yet, the only thing you could give them was a verbal description that did not do it justice. That is what happens after attending a Healing Heart Retreat<sup>®</sup>. People want to share their amazing experience but cannot seem to adequately convey it.*

*The Healing Heart Retreat<sup>®</sup> allows you to communicate with your soul to discover what truly has heart and meaning to you NOW in your life. Do you often feel alone and have no one to relate to? Do you have a longing inside, yet cannot put it into words? Come find your passion, be with people of like-mind and heart, and watch your life take on a new direction. Release the pain and suffering of past incidents, have your heart cradled, experience unconditional love (perhaps for the first time), while expanding your awareness of who you really are.*

*Creator and facilitator of the Healing Heart Retreats<sup>®</sup> is Dr. Kathryn Leeman, Transpersonal Psychologist who has been doing them for over 20 years. She holds your heart, helps you to remove your immediate block(s) standing in the way, and along with the other angelic participants, becomes the wind beneath your wings to get you flying, or if you already are, then flying higher!*

*Singing, dancing, story telling, working with archetypes, soul contracts and more make this a life-changing adventure. Just simply come ready to change, join in the fun, and kick fear to the curb! You do not even have to have any agenda to just want to participate in this soul enriching experience.*

*To learn more about Dr. Kathryn please go to [www.kathrynleeman.com](http://www.kathrynleeman.com)*

*She and others of the Healing Heart Angel Team<sup>™</sup> are available for telephone counseling sessions to continue facilitating your process after the retreat, so that you will not have to go home and go “now what?”*

*If you feel an immediate tug inside yourself at desiring to come, but then find your mind immediately using rationalization to get out of it due to finances, time, etc. please know this is your inner saboteur trying to prevent you following the soft voice of your soul.*

## **THE HEALING HEART RETREAT® NOVEMBER 19-22, 2011 IN VIRGINIA**

*The soul never has “yeah buts” or is loud. It is frequently quiet and always comes through the unknown. Therefore, if you are listening with your heart or gut instinct, and know you have a true desire to follow the love of your soul instead of the fear of your ego, we are here to assist you. Let’s talk.*

*“Attending the Healing Heart Retreat gave me the insight I needed to help me recover from a life-threatening illness.” LM in California*

*“I have been able to have the courage to change my career, and am now fulfilling my life-long dream of being a writer.” DS in Virginia*

*“I now have a relationship with my husband that I have always desired.” KC in Hawaii*

*“Being able to forgive myself for my past has given me new lease on life, and freedom from the many years of antidepressants.” TY in Oregon*

*Space is limited to small groups at these retreats, thus enabling time for everyone to have their own experience. We begin Friday night, November 19 @ 7pm and end Sunday, November 21 around 4pm. Cost is \$425 (lunches not included) for the weekend. A \$100 deposit holds your place. Non-refundable after Oct 19<sup>th</sup>. These retreats have been very popular in the Richmond area, so please sign up as soon as possible.*

*This retreat will be held at: Studio D Yoga, Ste. 100 A & B, 1811 Huguenot Rd, Midlothian VA, 23113. For directions go to [www.studioyoga.com](http://www.studioyoga.com) or call Debbie at: (804) 683-0186.*

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*or*

*Rev. Lisa Marks: (804) 305-6743 [purrplady@aol.com](mailto:purrplady@aol.com)*

*or*

*Dr. Kathryn Leeman: (951) 313-8541 [kathrynleeman@yahoo.com](mailto:kathrynleeman@yahoo.com)*

*Invest in yourself in a way that no one else can by giving yourself the gift of love, healing, and awakening. Call or email now and register before Sept 30 and get a \$25 discount!*

### **SET YOURSELF FREE**

