

# Master the Power of Letting Go

## Transform your life with The Sedona Method®

### Oct. 5–7, 2018 at Restoration Healthcare

Fri., Oct. 5: 7–9:30pm, Sat. & Sun.,  
Oct. 6 & 7: 9:30am–5:30 pm

#### Learn to:

- Let go of unwanted habits, fears, phobias and anxieties
- Manage grief, depression, and unhealthy relationships
- Overcome obstacles to personal and business success
- Discover healthy ways to make changes in your lifestyle and habits for long-term greater health

The Sedona Method has been used by people all over the world to focus on the things that truly matter, and it's being taught this October at a private weekend event at Restoration Healthcare.

#### Topics covered include:

- Loving your body as it is
- Setting clear goals and intentions
- Dissolving the blocks to action
- Using releasing to break habits
- Changing your consciousness about your body

#### Meet Your Instructors



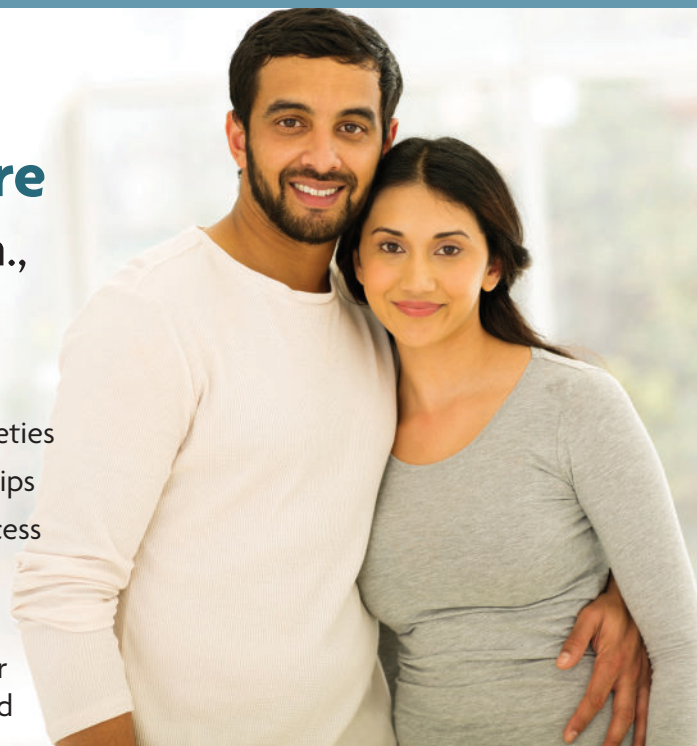
##### Annrika James

Annrika is a Sedona Method Licensed Instructor and Certified Coach, and is the co-founder of Sedona Coaching, which offers international life coaching exclusively in The Sedona Method.



##### Tim McCavitt

Tim is one of the world's leading experts on the Sedona Method. Through seminars and one-to-one training, he harnesses the power of the Sedona Method in order to help people improve themselves by letting go of their attachment to certain impulses or negative feelings.



#### The Sedona Method

It's not a dogma, philosophy or new set of beliefs — it's a series of processes that point to your natural ability to let go and discover unshakable peace.

#### Early-bird Deadline

~~Fri., Aug. 31, 2018~~

~~Wed., August 15, 2018~~ | Save \$100

Price: \$650 / Early-Bird Price: \$550

(To request a PayPal invoice, email [Tim@eSedona.net](mailto:Tim@eSedona.net))

**Learn More or Register Today.** For more information, including information on registering, please visit: <http://bit.ly/SedonaMethodIrvine>