



“MASTER YOUR MIND TO MASTER YOUR LIFE”

"24/7, you live in your mind." That statement may empower you or frighten you.

When your conscious and unconscious minds ARE ALIGNED, you're in a position to achieve your dreams and experience life with immense love, fulfillment, power and joy.

When your conscious and unconscious ARE NOT ALIGNED, you're prone to experience frustration, fear, anxiety, stress and delays to your dreams and your plans.

WHEN YOU'RE ALIGNED WITHIN YOUR OWN SELF

- *Your conscious & unconscious minds are on the same team & on the same page.**
- *Your physical, mental & emotional health are naturally enhanced.**
- *You're in a position to enjoy & embrace fulfilling & loving relationships.**
- *You're better equipped to achieve your goals & live the life of your dreams.**

Join Holistic Health Practitioner and Transformational Coach, Lynn Pridmore, as she shares life-enhancing, easy-to-implement practices, designed to get you out of your way and unlock your true potential.

WEEKLY TOPICS INCLUDE

- *Understanding the Parts of the Mind**
- *Neuroplasticity (Rewiring the Unconscious Mind)**
- *Changing the Chemistry of Your Body**
- *Overcoming Patterns and Behaviors**
- *Brain Wave Patterning**
- *Emotional Freedom Technique (EFT/Tapping)**
- *The Archetypes Residing in Your Mind**
- * Meditation**
- * Mindfulness**
- * Visualization**
- * Breathing Techniques**
- * Vibrational Frequency**
- * Energy Medicines**
- * Transforming Emotions**

JOIN US WEEKLY OR AS YOUR SCHEDULE ALLOWS

Monday evenings beginning September 26th

7:00-8:00 pm via Zoom

\$25 per class via Venmo to "Lynn-Pridmore (Zoom link sent upon payment)

Contact Lynn Pridmore at 201-572-7771 or Lynn@SpiritHealingAndWellness.com
for additional information (www.SpiritHealingAndWellness.com).