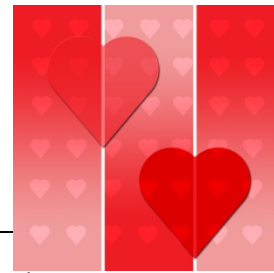


**Taking the Stage, Inc.**

*Stepping Into Your Power, Presence & Infinite Possibilities*



**Join the 6-week Holiday Workshop:**

## **Self-Love and the Holidays**

**Claiming New Year Personal Transformation, Release and Rebirth**

with Transformational Coach & Emotional Linguist™ Lori Kirstein

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### **Ask yourself:**

- Do I give and give to others, but don't take time to give to myself?
- Do the holidays bring up feelings of despair instead of joy?
- Do I want to give myself the gift of being the person I know I can be – strong, proactive, self-empowered, and loving?
- Does my heart hurt because I don't know how to truly enjoy or transform my life?
- Do I wish I could take a positive, more meaningful approach to the holiday season?

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**If so, consider joining us for “Self-Love and the Holidays”, and...**

- Take Time to Put Yourself First During the Holidays
- Identify Your Dreams & Set Your Practical Sails for the New Year
  - Claim Your Ability to Speak Your Truth
  - Learn Spiritual “Life Visioning” for Actual Life Change
- Experience Ecstatic Self-Expression, Transformational Self-Awareness, & Joyful Celebration
  - Learn to Change Uncomfortable Emotional States ... and more

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**For 6 weeks - 2 hours each week – we will reclaim the joy of the holidays, together!**

**Join us for a truly life-supporting experience!**

**SIGN UP AT <http://www.lorikirstein.com/self-love.html>**

**Sign up for this special Holiday workshop and save \$45 off the normal price!**

**Regular price: \$250**



**Holiday gift price: \$205!**

**Location:** Berkeley Fellowship of Unitarian Universalists  
1924 Cedar Street (at Bonita Avenue)

**Time:** 7:00-9:00PM

**Date:** TBD - Second week of November (Wednesdays or Fridays)

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**For information: Lori Kirstein • (510) 508-4708 • [Lori@LoriKirstein.com](mailto:Lori@LoriKirstein.com)**