

**Living the Essential Self
Monthly Retreat Series
Facilitated by Rev. Judith
Churchman**

**Commit to Personal Unfoldment
Expand Your Consciousness
Live Authentically
Seek and Discover Alternative, Authentic Ministries
Allow the Essential Self to Emerge**

**Be sure to read "One Day My Soul Just Opened Up"
By Iyanla Vanzant, available in the Bookstore
Before the first class!**

**Saturdays
9:00 AM to 4:00 PM**

September 17, 2011

October 22, 2011

November 12, 2011

December - None

January 21, 2012

February 18, 2012

March 17, 2012

April 21, 2012

May 19, 2012

\$800.00 for Per Person

To Register or for More Information, Please Contact:

Center for Spiritual Living

1905 Hartnell Avenue * Redding, CA 96002

221-4849 or visit www.cslredding.org