



Your Home is Talking. Are you Listening? Transforming your Life through your Space

With Susan Shehata (Sitara)

Your space reflects your life. All your goals and obstacles are present in your surroundings. This may include career, family, relationship and financial goals. This talk is designed to give you tools that help you recognize what parts of your home and life are holding you back and how to create the positive changes you are seeking. By creating awareness and supplying concrete tips, Susan educates and empowers you on how to use your home to transform your life.

Your Core Story: Identify and Shift the Beliefs that Keep you Stuck

With Susan Shehata (Sitara)

Your Core Beliefs formed at a very young age and are comprised of beliefs you have about yourself, other people and the world around you. They inform your thoughts, perceptions, emotions and behaviors and become YOUR STORY—and once you understand how all these pieces connect—you will be empowered to eliminate your Core Obstacles-which are the things that keep you stuck, limited and self-sabotaging. This talk will identify and walk you through the process of dissolving the core beliefs that are holding you back.

Healing with Sacred Ancient Languages

With Colleen Buckman (Kalyani)

The Basics of Kriya Yoga Breathwork

With Colleen Buckman (Kalyani)

(descriptions coming soon)