

Becoming Fully Human:

Living in Forgiveness and Gratitude

-with Elysabeth Williamson
and Lara Christine



July 21-23 / Boulder Wellness Foundation
5420 Arapahoe / \$195 weekend / \$60 per session

An enlightening four-part series on becoming more fully human through deepening our capacity for forgiveness and gratitude. Come away with simple, effective practices for releasing emotional stress and opening to greater freedom in your life.

Friday evening 6:30 - 9PM / Understanding Emotional Well-Being

What are emotions and how can we learn to skillfully relate to them? This evening's session lays the groundwork for this transformative weekend.

Saturday AM (9:00AM - Noon) Forgiving and Releasing the Past

Through transformational conversation, journaling and deepened self-awareness we explore the power of forgiveness to liberate us from the past.

Saturday PM (2 - 4:30PM) Self-Forgiveness / Self-Compassion

How do we transform long held pain and resentments into wisdom and self-compassion? How does forgiveness connect us to our divinity? This session is a deeper dive into what it means to live in forgiveness.

Sunday AM (9AM -Noon) Awakening our Capacity for Joy and Gratitude

Open to a deeper understanding of the power of gratitude for bringing greater peace, joy and abundance into our lives. Includes the powerful practice 'Surrendering into Life and Death'

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Elysabeth Williamson has been a teacher of transformation for over 35yrs and is writing her second book entitled 'Becoming Fully Human: How Learning to Feel Saved my Life.' Lara Christine has been a teacher of Yoga and healing arts for 10yrs.