
REGISTRATION INFORMATION

In order to maintain a safe and intimate environment, group size will be limited.

COST: \$399.00

Fee includes 2 and 1/2 days of workshop/retreat participation and course handouts.

Workshop: Lunch on your own

Pre-Registration is Required

Discount Opportunities

Early Registration:

Register 4 weeks prior and receive \$25 off the weekend fee.

Couple/Friend Discount:

Register AND pay together to receive a combined ^(\$25 each) \$50 off the weekend fee. Discounts can be combined.

Please contact Cathe or Erika to register

OUR LOCATION



1480 Royal Palm Beach Blvd #C
Royal Palm Beach, FL 33411

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Heartcenteredhealingconnections.com



A HEART CENTERED WORKSHOP

LETTING GO WEEKEND



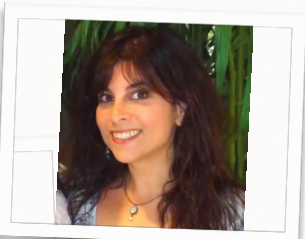
The beginning of a
journey towards
Self Transformation



BEGIN YOUR JOURNEY

January
17th-19th
2025

“So often times it happens that we live our lives in chains and we never even know we have the key.” - Eagles



The Presenters:



ERIKA COHANE is a Licensed Clinical Social Worker who has been working in the field since 1993. She specializes in change work for human potentiality, personal growth and self actualization. As an empathetic professional, she brings with her a genuine care for her clients and is committed to helping them develop the necessary skills to address their challenges so that they can find happiness and fulfillment in their lives.



CATHE REISS has been a Licensed Clinical Social Worker in Florida for over 20 years. She is also an advanced heart centered hypnotherapist trained through the Wellness Institute of Washington state. She combines traditional psychotherapy with alternative healing. Cathe's life purpose is to help others find joy and connection in their lives by assisting them in healing their old emotional wounds and releasing their self limiting beliefs so that they can create the positive, fulfilling futures they desire.

Sometimes we hold onto things that don't serve us. They might be ideas, beliefs, fears, expectations, and even people. Letting go can set us free and open the door to healing.

Spend a weekend discovering what keeps you chained and learn how to let go so you can begin your own personal transformation!

Weekend Objectives:

- *To identify the roles and your position in The Victim Triangle.
- *To understand the benefit of and identify ways to implement The Four Agreements, “Miguel Ruiz” into daily living.
- *To recognize and release your own adverse roles/familial patterns.
- *To let go of negative thoughts/behaviors that no longer serve you.
- *To create new and empowering strategies that bring joy.

The Road to Self Discovery:

Friday: 7pm-10:30pm

Saturday: 9am-6pm

Sunday: 9am-4:30pm