



# Letting Go – Moving On

A transformational weekend with Carol Lampman & Company

**April 21-22, 2018**

**Saturday 9:am – 6:30pm, Sunday 9:00am – 5:00pm**

There is a natural flow in the Universe that moves through everything and everyone. It has always been there and always will be. It is constantly flowing like the water in a stream moving from one place to another. When the stream encounters an obstacle, it either carries it along with its current or simply moves around it. While this stream is part of all of life, its course is unique for each of us. When we truly surrender to our authentic path in life, we are carried by this stream and move easily around any obstacles without effort or exertion.

*We must be willing to let go of the life we have planned,  
so as to accept the life that is waiting for us.  
~Joseph Campbell*

As participants, you will explore what it means to be in the flow of life and how to let go of what no longer serves you. The Breath and experiential exercises will be used as a vehicle to connect the conscious and unconscious minds and identify blocks that keep you from living fully. You will learn skills to help you stay connected to the desires of your heart. This workshop is designed around a framework that allows each person to work at their own individual level and pace.

*To LET GO is not to regret the past, but to grow and live with an open heart..  
To LET GO is to fear less and love more!*

A variety of modalities will be used to facilitate and support your personal process....

- ☆ Use the Breath to connect to the unconscious mind.
- ☆ Explore the beliefs that keep us in the holding on pattern.
- ☆ Create a new paradigm for living fully and freely.
- ☆ Forgiveness for healing and letting go of the old.
- ☆ Identify and release the fear that causes the resistance to change.
- ☆ Opening the heart and creating space for more happiness.
- ☆ Self-development tools for creating change.

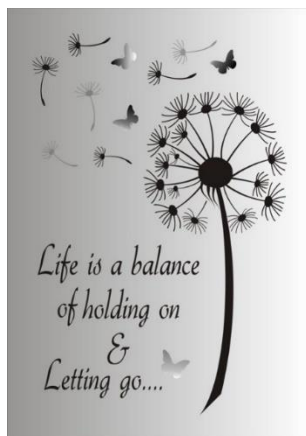
**Workshop Site:** The Bodhi Heart Center, 830 E Higgins Rd, #113B, Schaumburg, IL.

**Investment:** \$225 includes workshop supplies and snacks. Bring your own lunch.

**Registration Information:** Class size limited \$75 Deposit holds your space.

Visit the “Calendar” page at: [www.IntegrationConcepts.net](http://www.IntegrationConcepts.net) to register, or [>>click here](#).

Visa, MasterCard, Discover accepted. For additional information, call toll free 1-877-491-3355.



**Carol A. Lampman** - Advanced Certified Clinical Hypnotherapist with training in Hypno-Behavioral Therapy, Reichian Process Work, Integrative, Cathartic and Rebirthing Breathwork and the Hendricks Body Centered Transformation Method. Carol developed the Integration Process and Integral Breath Therapy™ Training programs for professionals and teaches Internationally. Using workshops, individual and group work, she specializes in personal growth and development, stress management and self-empowerment.

**Staff** – Assistance provided by graduates of our Professional Training Programs