

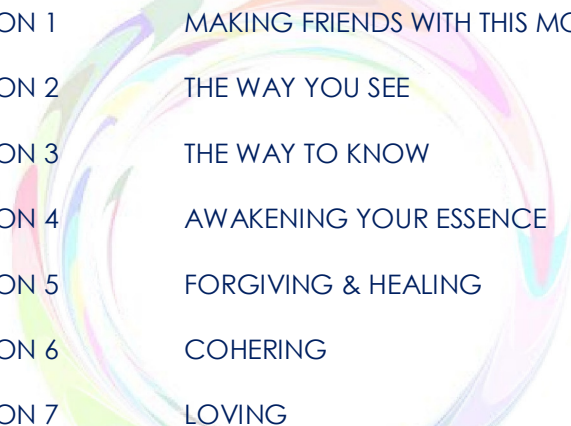
SOUL WORK

A STUDY GROUP FOR YOUR SPIRIT

ABOUT

SOUL WORK is an Akron, Ohio based, instructor-led study group for anyone seeking a deeper and more coherent understanding of *themselves*. It is a health education/life enrichment course designed to inspire and support participants in living more coherent, creative, and productive lives. The basis for its content spans the fields of neuro-anatomy, positive psychology, emotional intelligence, comparative religion, consciousness, and human development. Groups may meet in person, or online via ZOOM.

STUDY GROUP OUTLINE (2018-2019)



SESSION 1	MAKING FRIENDS WITH THIS MOMENT
SESSION 2	THE WAY YOU SEE
SESSION 3	THE WAY TO KNOW
SESSION 4	AWAKENING YOUR ESSENCE
SESSION 5	FORGIVING & HEALING
SESSION 6	COHERING
SESSION 7	LOVING

ENROLLMENT PROCESS

Most in-person study groups are self-forming and range in size from 2 to 6 participants. Please email Mayra at: mayraporrata@gmail.com or call 330-676-3333 to register your group. Online study groups may also be self-forming, or "open groups" scheduled by Mayra. The cost is \$35 per session, per participant. Payment is made the day of the session and can be made via PayPal, VENMO, ZELLE, check, or cash. You only pay for the sessions you attend. There is no pre-payment required. Everyone is welcomed. Financial assistance is available via trade-exchange, volunteer/pay-it-forward, or non-monetary exchange/gift for anyone.