

**3300 Yonge Street, Suite 301  
Toronto, ON, M4N 2L6**

**Don't miss Discovering the Total courses!**  
We are offering a unique series of evening courses in personal and spiritual development this summer:

**TS-01 Meditation and the Chakras, July 4**

Explore fundamental meditation theory and its various building blocks. Learn the Chakra system and how to use it as a basis for meditation. Develop the ability to meditate effectively. Use creative visualization, intention, and the law of attraction and apply to goal setting.

**TS-04 The Path of Emotional Healing, July 6**

Mental health means striving to balance all aspects of our life: social, physical, spiritual, economic and mental. Total Self 4 introduces the psychospiritual approach—embracing light and dark, on the road to emotional healing and wellness. Learn how to relate relationships and emotional blocks and how to create change in your life

**TS-05 Spiritual Healing and Energy Transfer, July 3**

There is a natural healing force within you. In Total Self 5 you will discover the principles of spiritual healing and energy transfer. Learn how to open and balance another's chakras. Use body mapping and a healing technique created by Transformational Arts.

# 2017 Summer Series ...about you!

Evening workshops on  
spiritual development  
and personal growth.



Green P Parking is available across the street from the College.



**416-484-0454**  
**1-888-TAC-SELF (822-7353)**



**transformationalarts**



**tac@transformationalarts.com**



**TransformArts**



We are located just 3 blocks north of Lawrence TTC Subway Station at Lawrence Ave. and Yonge St.



**www.transformationalarts.com**



**in/transformationalarts**



# Welcome to the 2017 Summer Series at Transformational Arts!

Join Transformational Arts instructors for our popular Summer Series. As always, a full spectrum of exciting topics is offered, providing you with experiential learning and practical tips for your everyday life. Meet a variety of the College's facilitators and experience their various styles and approaches to psychospiritual development, holistic health and personal growth.

Summer Series evenings are open to everyone—happening on 2 Tuesdays and Wednesdays starting June 20 until August 23 from 7-9:45 pm. You can register for the entire series or enroll in individual sessions that are of particular interest to you.

Fee: for individual lectures: just \$40.00! *OR* Register for the entire series of 8 at a reduced rate of \$300.00, including HST.

## Register Soon!

**call:** 416.484.0454 ext. 10

**email:** [tac@transformationalarts.com](mailto:tac@transformationalarts.com)

**online:** [www.transformationalarts.com/summerseries](http://www.transformationalarts.com/summerseries)

## 1 Your Home – Yourself

Do you feel at home where you live? Is your home a sanctuary, a peaceful place where you feel energized and nourished? Explore the powerful relationship, you have with both your inner self and the home you choose to live in.

An evening of self-discovery, bringing consciousness to the direct relationship with your inner home and the spaces you live and work in; what they can teach you and how they can be a catalyst for personal growth and healing.

Learn about energetic patterns that support or hinder you, as well as, practical tools to empower you.

**When:** Tues. June 20, 7-9:45 pm

**With:** Joanne Morgan, Registered Psychotherapist and Spiritual Director

## 2 Attachment and Detachment

Attachment...think about it! Attachment prevents us from integrating newness and change into our lives. When we become attached to our beliefs and attitudes they become rigid and impede growth and transformation. They don't serve us anymore and can become resistance! Resistance can cause us to disconnect from ourselves and others. Learn the many different ways we create attachment in our lives and transform them into detachment to create a healthy flow on our journey.

**When:** Tues. June 27, 7-9:45 pm

**With:** Sandra Levy, Registered Psychotherapist, Spiritual Director and Soundwork Practitioner

*\*\* No summer series on Wed. July 5\*\**

## 3 What's Your Superpower?

Many of us admire superheroes for their ability to achieve feats beyond what we believe are human capabilities. But what if you discovered that you can heal yourself or help others heal? What if you could re-experience your past or visit other realms without leaving your chair?

Join me for an evening of discussion and exploration of abilities that you already possess, but perhaps have not embraced yet. And then you can decide if you would like to strengthen your superpower and how to put it to better use.

**When:** Wed. July 12, 7-9:45 pm

**With:** Andrew Kun, Registered Psychotherapist and Yoga Therapist

## 4 Change Relationships through Cording

Energetic cords are ways that we are connected to one another. They are a method of high speed communication through the sharing of energy. Healthy cords create a nurturing sharing of information and energy. Unhealthy cords can be either an energetic drain or a means of control. The strength of cords are developed through relationship connection and regular association. The evening will explore energetic cords with others and how to know when adjustments need to be made. We will include a group exercise where each participant can experience going into the alpha brain state in order to consciously change a relationship which is presently problematic through a cording adjustment.

**When:** Wed. July 19, 7-9:45 pm

**With:** Laura Luz, Registered Psychotherapist and Spiritual Director

## 5 Listen To Your Body Whisper ....

For many of us, our state of "Dis-Ease" with life has us seeking relief by medicating our emotional, mental and physical illnesses through external means to feel good. Imagine becoming the physician of your Soul Body and self-sourcing your way to healing and well-being. Body intuition is received as a "whisper" when our mind is silenced and permission is given to reveal the truth with no judgment and attachment.

Join us to explore self-healing through an experiential modality for connecting to your 7 chakras. This mindful inquiry paired with sitting/lying positions to activate each chakra will give you insight to the emotional and psychospiritual roots of your maladies. Body wisdom channeled through a clear and accepting mind allows us access to our undiluted potential.

*Please bring a yoga mat (pillow/blanket if required) and a notebook/pen to record thoughts/reflections.*

**When:** Wed. July 26, 7-9:45 pm

**With:** Helena Borgers, Registered Psychotherapist and Coach

*\*\* No summer series on Wed. August 2\*\**

## 6 Around the World with Oracles

Using intuitive tools to connect with the Divine is a practice that goes back thousands of years and touches every country in the world. The intent for Divine connection may be common ground to diverse cultures, but the oracular form shifts and changes as one travels around the globe. As done by those intrepid "Around the World in 80 Days" adventurers, in this Summer Series talk, we will climb into our 'hot air balloon' and set off to explore many lands and their specific and unique intuitive tools.

**When:** Wed. August 9, 7-9:45 pm

**With:** Tiffany Lazic, Registered Psychotherapist and Spiritual Director

## 7 Beyond Death—Experiences on the 'Other Side'

More and more credible individuals are revealing what they have gone through in their near death experiences. What are those experiences saying about the beyond? This evening will explore the latest revelations and evidence for a world beyond death. What are the possibilities? How do these near death experiences relate to consciousness in this life? Is it possible to prepare for a transition to an ideal other realm? How does our understanding of these realms beyond death lead to being able to live a more meaningful life now?

**When:** Wed. August 16, 7-9:45 pm

**With:** Linda Kuschnir, Counsellor and Spiritual Director

## 8 Enhancing Abundance in Your Life

Abundance is a natural state for us to be in and is part of our divine right. The success of the highly popularized book, "The Secret" was based on this principle. However this book did not incorporate how you can be blocked in receiving your desires and abundance and how to release this energy to receive. How do you release your blocks to having everything you desire in this lifetime? This workshop will provide the surprising answers to releasing your blocks and having all your desires enter your life!

**When:** Wed. August 23, 7-9:45 pm

**With:** Pauline O'Hanlon, Registered Psychotherapist and Spiritual Director

## College Location and Hours

**3300 Yonge St, Suite 301, Toronto, ON**  
**Just 3 blocks north of the Lawrence TTC subway station at Lawrence Ave and Yonge St, use the Bedford Park exit.**

Meter parking is available in front of the building and a Green P parking lot is located across the street at Yonge St. and Glenforest Rd. Please check parking signs for hours and rates.

**Office hours are from 9:30 am-5:30 pm, Monday to Friday.**

## Registering in Person

**Payment Options: Cash, credit card (VISA, MasterCard), Debit**

## Registering Online

**You may register securely online through PayPal at:**

**[www.transformationalarts.com/summerseries](http://www.transformationalarts.com/summerseries)**

Lectures fill quickly, register early to reserve your spot and avoid disappointment.

*Transformational Arts reserves the right to cancel any lecture due to insufficient enrolment. Registrants will be notified by telephone at least 2 days prior to the lecture date.*

*Fees are non-refundable, but can be transferred to another lecture in this series.*