

“Cleanse Your Body, Mind, and Spirit”

A workshop led by John Rozenberg, CMT

Learn the basics of cleansing your physical body, as well as your emotional and spiritual bodies, in this three-part workshop series designed to support your cleansing process.

We live in an environment full of toxins that tax our system daily. These toxins stress the vital organs of the body, causing fatigue, illness, and ultimately disease. Periodic cleansing rejuvenates the physical body. Whether your goal is to improve health and vitality, control weight issues, or experience a clearer connection to the divine, this workshop will provide vital information and loving structure to ensure your success.

Stress, anger, and trauma are stored as trapped energy in the body, often blocking healing on the physical level. In this workshop we will uncover these blocked energies. Clearing these blocks will allow you to break unproductive or unwanted habits, leaving you free to create what you want in your life.

John is an Intuitive Healer and Certified Massage Therapist trained in a wide range of modalities. He refers to himself as “a facilitator”. He senses blocked energy, and is guided to re-establish the natural flow, facilitating an opening for transformation and healing at the deepest levels.

In the past 20 years John has done a wide range of cleanses. He will share his experience with everything from juice fasts, to high fiber diets, to a variety of readily available, pre-packaged cleanse programs. You'll have an opportunity to get your questions answered, choose the cleanse that feels right for you, set a powerful intention, and begin your cleanse with confidence. This will be an empowering series whether you are new to cleansing or have experience.

This is a three-part workshop. Each session will build on the last, but any session can be easily attended on its own. Each session will include group work, deep meditation, and powerful breath work.

Dates: Three Sundays, March 13, April 3, and April 17, from 3:00 PM to 5:00 PM

Location: The Awareness Center, 2801 E. Foothill Blvd. 2nd floor, Pasadena, CA 91107

Cost: \$30 each session, or \$75 for all three, if you register and pay by March 1st

To register call: The Awareness Center at 626-796-1567

For more information: Contact John at 760-376-2342

Private sessions available by appointment.