



THE INSTITUTE FOR SIMPLE
INTEGRATION
EXPLORING EVERYDAY ENLIGHTENMENT

STANDING YOUR GROUND WITH AN OPEN HEART EXERCISES IN CIVILITY

HOLDING TRUE TO OUR CORE BELIEFS AND VALUES WITHOUT ARGUMENT CAN BE DIFFICULT WHEN CHALLENGED BY OPPOSING VIEWPOINTS. COME JOIN US FOR AN EXCITING TWO HOUR WORKSHOP EXPLORING THE RELATIONSHIP BETWEEN VALUES, OPINIONS AND SPIRIT.

- LEARN HOW TO GIVE WITHOUT GIVING IN
- DISCOVER HEART CENTERED COMMUNICATION
- DEEPEN SELF TRUST AND CONNECTION
- GAIN CLARITY AND PEACE

WHERE: MANITOU WELLNESS, 1024 Colorado Ave

WHEN: JULY 25TH: 7:00-9:00 PM

COST: \$50

REGISTRATION: MANITOU WELLNESS: (719) 634-5234

DEBORAH STEDDOM: (719) 685-0780

The Institute for Simple Integration is a wellness collaborative founded by Deborah Steddom. Deborah was trained from an early age as an intuitive healer and has spent a lifetime exploring many different modalities of personal growth and spiritual development. She has taught in the public school system and has given presentations, workshops and private sessions from coast to coast. Visit her website: www.theanswersnow.com