



Sage | FOUNDATIONS

*Whole Life Resources  
For Personal Growth  
and Well-being*

[www.sagefoundations.com](http://www.sagefoundations.com)  
770-289-6914

## Journaling the Soul

When: Tues. October 21 - 7 - 9 pm  
\$30 per person  
\$25 Early registration by 10/7

Use the art of storytelling to look into the deepest areas of your heart and mind. Discover the mythic mapping that determines the choices you make and beliefs that are guiding your life, and learn techniques to bring your life back into balance and get it back on a healthy path. Students do not need any kind of writing talent or expertise, only an open heart and a desire for self-understanding. In this class, students will:

- Write personal stories using Tarot Journey cards
- Learn to look into their stories for clues to their mythic mapping
- Learn ways to shift their mythic mapping to align with their goals
- Be able to make shifts during class, as well as take away techniques for future use

## Caring for Your Luminous Self

When: Tuesday, Dec. 2 - 6:30-9 pm  
\$35 per person  
\$30 Early registration by 11/18

Discover your luminous body, how it informs your life, and ways to maintain it for a more balanced system. This class will introduce you to the chakra system and teach you techniques to keep your energy balanced and flowing for health and well-being. This class will:

- Teach the basic characteristics of the chakras
- Demonstrate techniques for balancing and clearing chakras
- Provide content and experiential understanding of the energy system

## Sage Society — A New Holistic/Metaphysical Discussion Group

Come join us for informational presentations and stimulating discussions as we explore various holistic body-mind-spirit topics including spiritual growth and journey, energy medicine, metaphysics, and ancient and modern concepts and holistic methodologies.

Upcoming Gatherings: Meetings are held at The Nurturing Nook ([www.nurturingnook.net](http://www.nurturingnook.net))

Introductory Gathering: Oct. 2 - 7 to 9 p.m.

October Presentation & Meeting: Oct. 23 - 7 to 9 p.m.