



Awakening Awareness

2018 WORKSHOPS

FEBRUARY 16 – 18 San Diego, CA

MAY 11 – 13 San Diego, CA

AUGUST 17 – 19 San Diego, CA

OCTOBER 26 – 28 San Diego, CA

COST

\$1,200 PER PERSON

\$500 non-refundable
deposit required

\$2,100 PER COUPLE

\$600 non-refundable
deposit required

BOOK EARLY!

Workshops fill up fast
and have limited seating.

FOR MORE INFORMATION OR TO REGISTER

t: (858) 836 – 1153

e: info@awakeningawareness.co

w: awakeningawareness.co

fb: [@awakeningawarenessworkshop](https://www.facebook.com/awakeningawarenessworkshop)

THIS TRANSFORMATIVE WORKSHOP WILL HELP YOU MAKE POWERFUL BREAKTHROUGHS IN YOUR LIFE SO YOU CAN ACHIEVE YOUR FULL POTENTIAL

IN THIS 3-DAY WORKSHOP, YOU WILL LEARN HOW TO:

1. Get to the root of your problems and learn tools to deal with them
2. Release pain from the past and use emotions for empowerment
3. Relate to family and friends in more authentic, fulfilling ways

TESTIMONIALS FROM GRADUATES

"It felt so wonderful to speak my truth and to feel heard. It was powerful to witness other people being real. I felt connected to everybody." – Alice S.

"This workshop awakened my awareness to how profoundly my childhood has affected my relationships as an adult." – Marcianne G.

ABOUT KATHLEEN BROOKS, PH.D.

Kathleen Brooks, Ph.D. is a personal growth consultant, specializing in integrating psychological and spiritual growth. She holds degrees in psychology, education and music and is an ordained minister with the School of Actualism. With over 50 years of experience in a wide variety of settings, she maintains a private practice where she facilitates groups, performs shamanic energy healing, teaches Light Alchemy meditation, and practices Lifespan Integration™. She hosted Breaking the Conspiracy of Silence, a web radio show about child sexual abuse, and is the author of *RADICAL INTEGRITY: 21 Ways to Heal Your Inner Child and Create a True Adult* (available on Amazon). She facilitates the Awakening Awareness workshops and an advanced yearlong program called Expanding Awareness.

"I am committed to creating a new paradigm for being human, one which acknowledges, balances and honors our multi-dimensional nature, energized by our awareness."