

## Unity by the Shore

# Letting Go - Release & Renew!

*“Sometimes letting go is an act of far greater power than defending or hanging on.”*

– Eckhart Tolle –

**A**s we are at the start of a New Year, many of us have decided that this is the year that we are going to lose weight, or this is the year we are going to quit a horrible job, or this is the year that we are going to quit (insert your subject here). Basically, we want to let go and release the things that no longer serve us or our highest purpose. We want to do that in order to make room for growth to propel us toward our greatest destiny. Sometimes we are just stuck and need to figure out what we need to release and figure out why we are holding on to it in the first place. This year I thought it would be fun and much more powerful to do it together.

Please join me in this new **“Letting Go - Release & Renew”** group to help each other say goodbye to what is no longer serving us. We will explore different energy and healing modalities that work with our body mind and/or spirit such as EFT, energy work, etc. Special guest speakers in the healing arts field will be invited to assist us on our journey.

This seven-week support group will be held at Unity by the Shore on **Tuesdays at 7 p.m.** and **Saturdays at 10 a.m.** and will run 90 minutes. You can attend both sessions each week or just one. Sessions begin Tuesday Jan 22nd and/or Saturday Jan 26th. *The cost is free, but a love offering of \$7.95 or more is suggested to support us in remaining grounded in the law of circulation.*

**Facilitated by:** Karen Marsh



### Session Dates & Upcoming Topics

(topics may change)

#### Session 1 – Being Mindful

Tuesday Jan 22 • Saturday Jan 26

#### Session 2 - Being Honest

Tuesday Jan 29 • Saturday Feb 2

#### Session 3 – Forgiving Ourselves

Tuesday Feb 5 • Saturday Feb 9

#### Session 4- Loving Ourselves

Tuesday Feb 12 • Saturday Feb 16

#### Session 5- TBD

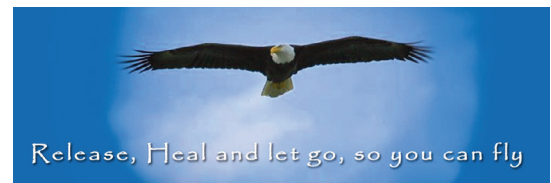
Tuesday Feb 19 • Saturday Feb 24

#### Session 6- TBD

Tuesday Feb 26 • Saturday March 2

#### Session 7- TBD

Tuesday March 5 • Saturday March 9



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Web Site . . . . . [unitybytheshore.org](http://unitybytheshore.org)

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