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## REGISTRATION INFORMATION

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In order to maintain a safe and intimate environment, group size will be limited.

**COST: \$299.00**

Fee includes 2 and 1/2 days of workshop participation and course handouts. Lunch is on your own.

Pre-Registration is Required

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### Discount Opportunities

#### **Early Registration:**

Register 30 days prior to the workshop to receive \$25.00 off the workshop fee.

#### **Couple/Friend Discount:**

Register AND pay together for each participant to receive \$25.00 off the workshop fee.

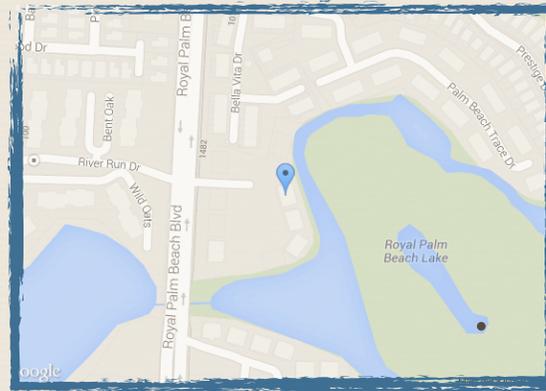
Discounts can be combined.

Payment plan available.

Please contact Cathe or Erika to register

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## THE FACILITY



1480 Royal Palm Beach Blvd #C  
Royal Palm Beach, FL 33411

Cathe Reiss, LCSW, ACHT  
(561) 301-8232

Cathereiss@gmail.com  
Catherinereiss.com

Erika Cohane, LCSW, CHT  
(954) 608-9327

Erikacohane@me.com  
Erikacohane.shutterfly.com



A HEART CENTERED  
WORKSHOP

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## LETTING GO WEEKEND

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The beginning of a  
journey towards  
Self Transformation



# BEGIN YOUR JOURNEY



## The Presenters:



**ERIKA COHANE** is a Licensed Clinical Social Worker and Certified Heart Centered Hypnotherapist who has been working in the field since 1993. She specializes in change work for human potentiality, personal growth and self actualization. As an empathetic professional, she brings with her a genuine care for her clients and is committed to helping them develop the necessary skills to address their challenges so that they can find happiness and fulfillment in their lives.



**CATHE REISS** has been a Licensed Clinical Social Worker in Florida for over 20 years. She is also an Advanced Heart Centered Hypnotherapist trained through the Wellness Institute of Washington state. She combines traditional psychotherapy with alternative healing. Cathe's life purpose is to help others find joy and connection in their lives by assisting them in healing their old emotional wounds and releasing their self limiting beliefs so that they can create the positive, fulfilling futures they desire.

CALL FOR  
UPCOMING  
WORKSHOPS

“So often times it happens that we live our lives in chains and we never even know we have the key.” - Eagles

**Sometimes** we hold onto things that don't serve us. They might be ideas, beliefs, fears, expectations, and even people. Letting go can set us free and open the door to healing. Spend a weekend discovering what keeps you chained and learn how to let go so you can begin your own personal transformation!

### This workshop is for you if you...

- \*Have difficulty saying NO
- \*Feel unappreciated
- \*Feel responsible for others
- \*Feel stuck
- \*Feel resentful towards or hurt by others
- \*Often put yourself last
- \*Feel the need to hide your true self

### Weekend Objectives:

- \*To identify the roles and your position in The Victim Triangle.
- \*To understand the benefit of and identify ways to implement The Four Agreements, “Miguel Ruiz” into daily living.
- \*To recognize and release your own adverse roles/familial patterns.
- \*To let go of negative thoughts/behaviors that no longer serve you.
- \*To create new and empowering strategies that bring joy.

### The Road to Self Discovery:

Friday, 7pm-10:30pm

Saturday, 9am-6pm

Sunday, 9am-4:30pm