

HEATHER HANS, LSW, MSW, CPIC, MSBA, CPA

ENERGY ESSENTIALS

WORKSHOP

DOES YOUR LIFE DEMAND A LOT OF ENERGY?

Master it with *Grace* using:

- Lifestyle Organization
- “Bucket” Fillers
- Physical Health Keys
- Creative Play
- Rejuvenating Rest
- Positive Thoughts
- Law of Least Resistance

**Sunday,
July 8th
2:00-5:00**

The Integral Center
2805 Broadway • Boulder, CO

Register at:
www.heatherhans.com
\$75.00 (includes refreshments)



“The first thing to realize is that you are in control of your own energy. Sources of energy are available to you all the time. They are part of your birthright.”

~ Deepak Chopra



HEATHER HANS is a healer, teacher, psychotherapist, intuitive coach, and business woman with over a decade of experience with the laws of energy, holistic health, and dynamic living.

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