

Reconcile & Resolve

A Belief Transformation Course

with Anita Govender



Transforming Beliefs
Transcending Limitation

Thursdays: 6/30, 7/7, 7/14, 7/21, 7/28

6:00-8:00PM

\$129 per person for all 5 wks.

Are you experiencing an Emotional Distress, such as feeling overwhelmed, low self-esteem and anxiety? Or are you going through a Life Transition such as a career-change, separation or divorce, caring for a loved one, or some other circumstances causing any type of limitation in your life?

You may be at a loss for the right solution leaving you feeling desperate, powerless, and stuck. The RECONCILE & RESOLVE process can create immediate and impactful breakthroughs to transform any self-defeating thought or belief standing in the way of the freedom you deserve to move forward again.

This five part course teaches you the complete Reconcile & Resolve process for self application. For the first 5 participants to sign-up, we will address and work through your specific personalized needs during the course. Just come prepared with a challenge you would like to work through!



Space is limited to 10 participants

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



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