

# *Empowering Solutions for Profound Results!*

**(Future Retreats TBA or we can design one for you!)**

*Awaken the Power of YOU thru the Ancient Arts of Sand Play, Yoga and Meditation in the Majestic Healing Presence of Sedona, AZ!*



Sedona, Arizona ... Cathedral Rock

- ✚ Rejuvenate mind, body and spirit
- ✚ Experience inner joy and peace
- ✚ Transform thoughts and behavior
- ✚ Heal relationship with Self
- ✚ Empower your Life for Success

✚ **Sand Play with Paula: Experience an “adventure of a lifetime” and transform your life in ways beyond imagined possibility!** Using a collection of miniatures representing the world in which we live, you select items that are symbolically important to you to create a scene in a tray filled with sand. Assisted by Paula’s unique facilitation your scene comes to life. The power of discovery through the wisdom of the Soul awakens an innate knowing so empowering and revealing, **no life-challenge or obstacle is insurmountable.**

**“When the Soul speaks and we listen doors open to New Worlds of Possibility and Life Success!”**

✚ **Yoga and Meditation with Tania: Relax and enjoy the Grace of Yoga in the Beauty of Nature!** Yoga is a 5000 year old ancient art which is a mainstream practice in the West embraced by millions. The word Yoga means “union”. Yoga stretching, deep breathing, visualization and meditation are tools to help you release stress, rejuvenate and nurture your body, mind and spirit. Receive Tania’s practical stress reduction tips, gentle guidance and compassion. **Experience yourself in a healthier, happier, wholesome new way!**

**Paula Petrovic, M.A.** career spans over 27 years and 3 continents. As a consultant, educator, counselor and world traveler, Paula has worked with people of all ages from all walks of life. Author of *“Sand Play for the Soul”*, her work has been featured on national Canadian TV. Paula facilitates individual and group sessions, customized retreats, workshops... and much more! Visit [www.SandWorks.net](http://www.SandWorks.net)

**Tania Bloch, M.A.** a Certified Yoga Teacher specializes in stress-management and experiential therapies. Yoga and communing with nature are passions which inspired her to produce award-winning video *“Spirit of Yoga in Sedona”*. Tania is co-author of the award-winning children’s book *“How Butterbees Came to Bee!”* and facilitates *“Butterbee Buzz” Creative Play Shops* for kids. Visit [www.beeunlimitedyoga.com](http://www.beeunlimitedyoga.com)

