



## HEALING YOUR HEART, LOVING YOURSELF: A WORKSHOP FOR WOMEN RECOVERING FROM HEARTBREAK

Whether your heart was broken a while ago, once or several times, or whether you are grieving a recent separation or loss, this workshop is for you.

This workshop is solely **ABOUT YOU:**

- It is about embracing yourself and your feelings;
- It is about feeling joyful, hopeful and alive;
- It is about acknowledging yourself;
- It is about self-care;
- It is about putting yourself first;

Because taking care of yourself is the most important step to heal a broken heart.

In this 3-hour workshop, I'll share with you powerful and simple tools to help you move past heartbreak and build a more loving and accepting relationship with yourself.

During our time together, you'll get a chance to experience and learn about:

- **Flower Essences** and how they can help you get through the grieving process faster, manage difficult emotions and develop a more joyful, accepting and forgiving attitude towards yourself
- **Healing Touch** techniques, and how they can soothe the heart and bring relaxation, rejuvenation and vitality to body and mind
- **Meditation** and how it can help you to re(connect) with yourself and feel more centered, present and grounded

Come and join me in this inspiring and soul-nurturing workshop!

*Flor Taboada is a Flower Essence and Healing Touch Certified Practitioner and a long-term meditation student and instructor. In her practice, she uses a unique holistic mind-body approach to help women recover from heartbreak, heal their hearts and move forward with their lives with joy, self-love, confidence and trust. [flortaboada.com](http://flortaboada.com)*



To keep the event intimate and impactful, spaces are limited

Book early to avoid disappointment

To secure your place register [here](#)

by June 14<sup>th</sup>

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**JUNE 17th 2017  
10.30-1.30**

**\$67**

**Location  
CRS  
Manhattan  
(Union Square)**

**Exact address to be confirmed after registration**