

Workshops & Classes



Be Blessed By Your Life
with Master Coach Cynthia H. Stringer

Friday, March 20, 7–9 p.m.
at the Journey Center
Cost: \$20

Explore together in this evening presentation how to synergize and align who you are with what you do. Be present in the moment to reflect, journal and allow the Spirit to bring you inner clarity on living fully and abundantly. Let go of the need to “do”.

Aligning Yourself To Your Truth
with Master Coach Cynthia H. Stringer

Saturday, May 30, 10 a.m.–1 p.m.
at the Journey Center
Cost: \$30

Learn more how to hear and take action from your intuition and inner strength. This interactive class will provide content, coaching and connection and time for reflection and relaxing. This course also provides one 30-minute follow up coaching consultation.

Register at www.journeycenter.org or call 707-578-2121
Journey Center, 1601 Fourth Street, Santa Rosa, CA 95404