



In God, everything belongs!

# Embracing the Shadow

## Reenvisioning the Second Half of Life

**Saturday, November 22, 10 a.m.–noon**

In God, everything belongs, even the broken parts. This workshop is an invitation to explore the shadow—those broken, rejected, exiled aspects of self once deemed unlovable that can cause us to feel shame and separated from God, Love and Wholeness. We'll enter into inner work to recognize, integrate and heal the split from the personal shadow, which can lead to enlightenment for the soul.

Robin Gates is an educator, retreat facilitator, writer and lifelong dancer. She teaches psychology and meditation at Santa Rosa Junior College.

**Cost: \$15.** Register online at [www.journeycenter.org](http://www.journeycenter.org) or call 578-2121.