



# *Evolve For Peace*

**Meditation & Healing Retreat  
Trusting Your Heart**

**Sunday January 17th 2021  
1:00- 4:00pm**

- Raise your Vibration & Vibrancy
- Find Peace in Your Mind and open your Heart to Flower
- Deepen Self Love & Compassion
- Heal and step into Wholeness
- Engage in sacred temple practices & find peace in your own heart.
- Activate your high spiritual heart
- From Fear to Trust and Peace

As we inquire and be with our feelings, our physical experiences and our body will shift. It is completely possible to change our DNA and even body structure, and our organs and cells and Nervous system can regenerate itself.

You will leave replenished and with peace in your heart.

Through gratitude we allow to receive and open to alignment with the divine flow.



Claudia Weitkemper is a certified Spirit & Evolve Coach, a Naturopath, Acupuncturist and RN. Also an accomplished Teacher of Ipsalu Tantra Kriya Yoga. She offers Evolve Coaching Programs and is deeply committed to inspire you to raise your vibration & joyously live a fully empowered life with health, vitality & passion.  
[www.naturalhealingways.com](http://www.naturalhealingways.com)  
[www.evolveforpeace.com](http://www.evolveforpeace.com)

**register here: [www.masterthepause.com](http://www.masterthepause.com)**



Maryon Maass is an experienced Yoga Teacher, (Himalayan Tradition and Iyengar), a Feldenkrais and, Qi Gong teacher. She lived in an ashram called Swami Rama Sadhaka Grama (SRSG) Ashram in Rishikesh, India, trained in the subtleties of body and mind, through the observation of the breath, habits and emotions. Maryon's podcasts are on [www.masterthepause.com](http://www.masterthepause.com)