



June 30–July 3, 2013 Sunday–Wednesday

Releasing the Inner Magician: A Body-Centered Experience to Unlock Inner Resources

Deborah L. Sandella

For everyone.

Are you using your inherent powers to work magic? This delightful retreat with Deborah Sandella, originator of the groundbreaking RIM Method, guides you to unleash hidden, inner resources for insight, healing, and decision-making. Deborah has helped thousands of people find themselves through an inventive approach to mastering feelings that has been shown to significantly reduce symptoms of stress-related illness.

In a playful, friendly atmosphere, you learn body-centered techniques to

- Reconnect with childlike joy
- Re-do the past in new and affirming ways
- Remember your original wholeness
- Dissolve outdated beliefs
- Integrate these changes into your daily activities
- Have fun!

This life-changing retreat invites you to embody confidence and enjoy each moment.

Recommended reading Deborah Sandella, *Releasing the Inner Magician* (Inner Magician Series).

CE Credits are available for this course



Deborah Sandella, PhD, MS, RN, has helped thousands of people find themselves over 35 years as an award-winning psychotherapist, international speaker, and originator of the ground-breaking RIM Method. A walkabout during her personal sabbatical to Australia spawned her inventive model for mastering feelings. This work has been featured on television and radio, and in print, and has proven to significantly reduce symptoms of stress-related illness. Deborah frequently shares the stage with Jack Canfield (originator of Chicken Soup series) and is endorsed by best-selling authors Joan Borysenko and Larry Dossey.

www.innermagician.com



exploring the yoga of life.

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While you are here... Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu is 3 hours north of New York City.

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