

# Letting Go Weekend

**RELEASE YOURSELF FROM**  
Fear, Hurt, Anxiety, Guilt,  
Shame, Grief & Resentment

**MARCH 24, 25 & 26**

Sometimes we hold on to things that no longer serve us – or that never did. Ideas, beliefs, expectations... even people. Our Letting Go Weekend helps you discover what's keeping you from your true self and achieving greater peace, happiness, relationships and prosperity.



## What is a Letting Go Weekend?

Our Letting Go Weekend is a one-of-a-kind experience for uncovering what stands between you, your goals and highly joyful living. This special event brings together a small, intimate group of people for intellectual, emotional and spiritual growth.

Combining advanced instruction on human behavior with powerful interactive exercises, Letting Go fosters dynamic learning in a safe and sacred space. Our unique program addresses wellness from a mind-body-spirit perspective and teaches proven, holistic healing approaches for personal growth and the highest form of healing.

Join us for a weekend of discovery, renewal and transformation as you learn how to break free from the past, and experience the freedom to create the life you want and were meant to live.

## Benefits of the Letting Go Experience

- Identify unconscious thoughts that inhibit your happiness
- Recognize unhealthy family relationship patterns
- Become aware of addictive thoughts and behaviors
- Improve your emotional and physical well-being
- Increase understanding of your life's passion and purpose
- Find out how to achieve greater professional success
- Learn how to realize more abundance and financial prosperity

## Your Personal Transformation Leaders



### Koren Bierfeldt

- Licensed Professional Clinical Counselor
- Advanced Heart-Centered Hypnotherapist
- Licensed Personal Transformation Intensive Leader
- Spiritual Counseling Certified, Ordained Minister
- M.Ed. in Counseling | B.A. in Psychology



### Laura Purnell

- Transformational Coach & Experiential Trainer
- Advanced Heart-Centered Hypnotherapist
- Licensed Personal Transformation Intensive Leader
- Accomplished Academic Superintendent & Principal
- Ph.D. in Urban Education

## 2017 Event Details

### 3-DAY PROGRAM DATES

Friday, March 24: 7-10 pm  
Saturday, March 25: 9 am-6 pm  
Sunday, March 26: 9 am-4:30 pm

### LOCATION

A beautiful, retreat-like residence in Peninsula, OH  
**COST** \$250 for the weekend

### CONTACT KOREN

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### CONTACT LAURA

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