

Authenticity Workshop

Presented by Ann Allen

Space is available for 12 spots.
RSVP to sign up, please email Ann
at AnyaAllen@aol.com or call

(303) 915-9009

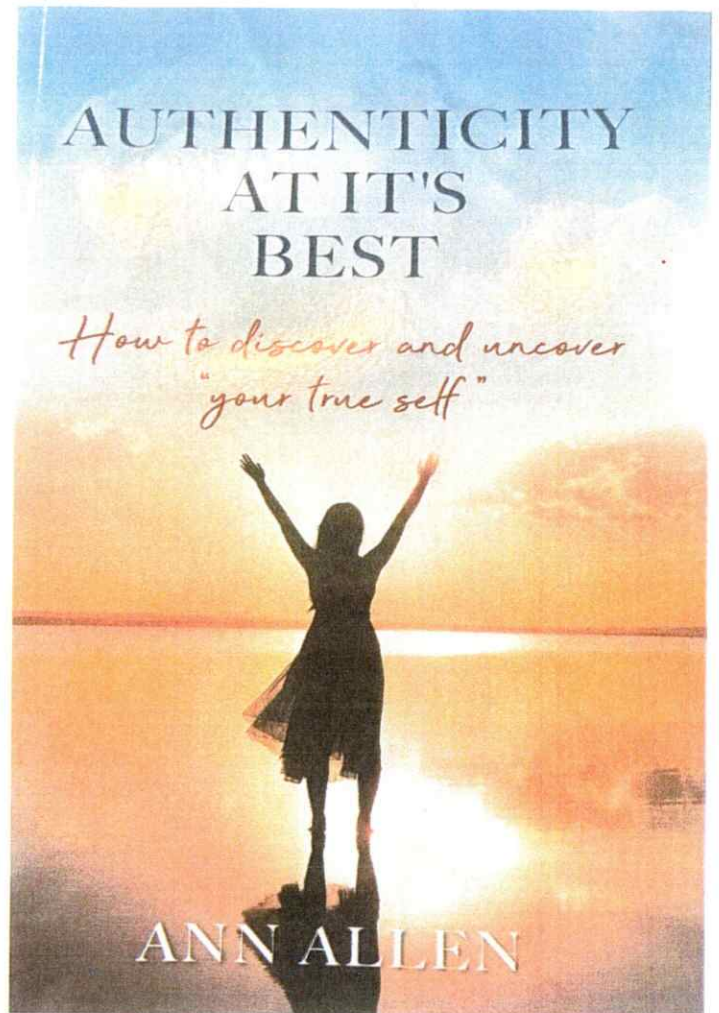
Date: Sept 15th, 2024.

1:00 PM - 4:00 PM

- First Spiritual Science Church
- 3375 S. Dahlia Street, Denver,
CO 80222

What is an authenticity workshop

An authenticity workshop is a safe and supportive space where participants can explore, embrace, and express their true selves. This workshop aims to help individuals connect with their own values, beliefs, and emotions, encouraging them to live genuinely and authentically. Through self-reflection, group discussions, and various activities, participants will have the opportunity to deepen their self-awareness, cultivate self-acceptance, and build confidence in expressing their authentic selves in all aspects of life. By fostering a sense of authenticity, this workshop can



empower individuals to live more fulfilling, meaningful, and genuine lives.

About Ann

Ann Allen is an author, therapist, and facilitator. Ann has been in private practice for the past thirty-five years and has counseled many clients regarding their health, stress management, and pain management. She utilizes biofeedback, reiki, Neuro-link, and energy medicine to facilitate healing. For many years Ann has sought the expansion of her personal growth, studying with various deeply insightful spiritual teachers along the way.