

# Letting Go Weekend

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

**NOVEMBER 10, 11 & 12**

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 an 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
- Gain deeper mindfulness of your spiritual life

## Your Personal Transformation Leaders



**Koren Bierfeldt** – Westlake, OH

- Licensed Professional Clinical Counselor
- Licensed Personal Transformation Intensive Leader
- Advanced Heart-Centered Hypnotherapist
- Spiritual Counseling Certified
- Ordained Minister
- Reiki Level 2 Practitioner
- M.Ed. in Counseling | B.A. in Psychology



**Ivan Lambert** – Pittsburgh, PA

- Licensed Professional Counselor
- Licensed Personal Transformation Intensive Leader
- Advanced Heart-Centered Hypnotherapist
- Ordained Minister
- Certified Trainer of coreSomatics®
- Founder: The Counseling & Wellness Center
- M.A. in Psychology | B.A. in HR & Biblical Studies

## 2017 EVENT DETAILS

### DATES FOR 3-DAY PROGRAM

Friday, Nov. 10: 5 pm - 8 pm  
Saturday, Nov. 11: 9 am - 6 pm  
Sunday, Nov. 12: 9 am - 4:30 pm

### LOCATION

River's Edge in Cleveland, OH  
3430 Rocky River Drive

**EVENT COST** \$250. Lunch \$9/day Sat. & Sun.

## FOR QUESTIONS & RESERVATIONS

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*River's Edge*  
 A Place for Reflection and Action  
 A Ministry of the Congregation of St. Joseph

River's Edge is a spiritual oasis that offers a serene atmosphere in a beautifully maintained, historic property on 40 acres. The River's Edge mission is in complete harmony with our own. They "exist to support you on your journey to personal transformation."

