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Listening to Yes!

A Guide to Self-Development and Wellness through Listening to Body Heart Wisdom

Experiences and encounters are filtered through our individual and unique process in order to be integrated so that we may blossom as instruments of Good.

The process of Listening is simple to Remember if we are committed and disciplined to practice. There are tools to help support this practice.

Over the last twenty years, MaryAnn Burman has worked with individuals and groups and has developed a 5-Step process to help others overcome doubt, confusion and overwhelm and follow their own unique path with confidence.

This workshop includes the 5 Step Process of Listening to Yes!, as well as a unique framework to facilitate one finding their unique process. Individual and small group activities included.

At the completion of this workshop the participant will:

- Name 3 ways to support listening to body heart wisdom;
- Identify the difference between intuition and habit;
- Identify two ways body heart wisdom may inform us;
- Create a personalized action plan.