



Radically Experience Your
Whole Self...

LIVING FROM BODY

- ☆ Discover who you really are.
- ☆ Dance with the Universe.
- ☆ Love your feelings & manifest your desires.
- ☆ Unleash your magic and creative power.

Explore this outrageous new approach to a deeper you.

The rumblings of a deep shift are in the air; intensity is on the rise everywhere. Japan, the Middle East, the Midwest, Willits, Ukiah—the old paradigm is in upheaval. Evolution is knocking at the door. Who will answer?

For the shift to happen out in the world, it must come from within self. The outer reflects the inner. We are on the verge of opening a new dimension of reality where everything transforms. Real wholeness, vibrant energy and the erupting new Universe is pulsing inside of you. Come *feel* it!



Adam Bulbulia is a certified Process Coaching Trainer with ten years experience in Process Coaching and over fifteen years in the healing arts. Adam weaves his experience as a Waldorf Educator with the healing approach embodied in Process Coaching. "I love helping people become their own guide on the path to living their deepest dreams." Adam offers individual, relationship, and teen coaching sessions.



Betty Idarius is co-director of Process Coaching Center and co-founder of Full Circle Wellness Resource Center in Ukiah. Her background includes 30 years as a homebirth midwife and 17 years as a classical homeopath. She also has extensive experience in NLP, hypnosis, mind-body healing and spiritual psychology. Betty's passion is to bring unconditional loving acceptance to the deepest feeling parts of self, and to help others do the same. She offers individual Process Coaching sessions and relationship coaching for couples.

Free Introductory Evening: Thursday, May 5

Class Dates: Thursdays, May 19, June 2, 16 & 30

6:30 – 9:00 pm ~ 172 Washington Ave., Ste. B, Ukiah

\$150 for all sessions, includes bi-weekly telephone check-ins, 180-page Process Coaching Practitioner Manual and Healer's Practices 2-CD set.

For registration or further information, contact: Betty at 463-3739 or Adam at 972-6019.

ProcessCoaching.com