



# Weekly Drop-In Class

*(Come once or every week or whenever you like.)*



*8 Monday evenings, 7-8:30pm  
Sep 10, 17, 24, Oct 01, 08, 15, 22, 29*

A Spiritual Workout class is **your stuff**

*(e.g., I'm really unhappy at work; my relationship is a disaster; I struggle with fear/anxiety — anything at all)  
re-imagined through these 15 ancient, universal concepts:*

*Be Compassionate • Beliefs Matter • Be Present • Choices Abound • Everything Is Energy • Have an Attitude of Gratitude • Intentions Matter • Judgments Separate Us • Listen to Inspiration • Mind and Body Are Connected • Take Responsibility • The Law of Attraction Is Always On • We Are All Connected • We Are Here for a Reason • We Belong to the Planet, Not the Planet to Us*



Facilitated by former psychotherapist Steven Morrison, M.A.

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All classes will take place at  
**THE NEW RIDGE VIEW ROOM**

54445 N Circle Drive, Suite E

*(That's upstairs from Idyllwild Acupuncture in the Rear)*

**\$15**

per class  
(Or whatever  
you can give.)