

Presentations and Workshops with Jan Riggsby

Free Presentations

Saturday, November 5th 3-5pm Three Spheres of Consciousness
 Wednesday, November 9th 7-9pm Meditation for Three Voices PL 182

New Series: 3rd Friday of each month 7-9pm

November 18th Awakening: Four Stages of Evolution PL127
 December 16th Learning the Language of the Unconscious PL 124

Location: Ridge Blvd @ 71st Street, Brooklyn (R Line = Bay Ridge)
 Please email Jan at janrigsby@gmail.com for call 512-215-2544 for details

Workshops

November 19-20 Allowing Loving Awareness

December 10-11 Hearing Guidance From Within

Saturdays 10am-6pm Fee \$90

Movement and meditation • Energy techniques and exercises
 Experiential teachings of Pathwork concepts • Personal process

Sunday Extensions 10am-2pm Fee \$60

You may sign up for this portion as late as Saturday afternoon.

Continuation of Saturday process • Review of concepts and additional materials
 Integration of concepts into life issues and personal process

Our personal life stories contain the essence of our divine nature and our life task. A small group setting is offered to support experiential work intended to promote growth and transformation. Using guided meditation and movement, we become aware of disharmonies and discrepancies and seek to understand underlying causes. We explore connection -- on a practical level -- with ourselves, each other, and the infinite Power of the Universe that lives within each one of us.

...Join us for an unusual exploration into your inner self!

Jan Riggsby spent 25 years raising a family and troubleshooting systems for manufacturing companies, founding her own corporation in 1988. After coming into a conscious awareness of her spiritual journey, she completed a B.S. in Psychology and trained in massage therapy, Cranial Sacral, Core Energetics® Somatic Experiencing© and past life awareness. She has supported Pathwork through personal service in California, Australia, Texas, China, Japan, and New York, She currently serving as treasurer of the New York Region Pathwork. **Free** audio, video, and written instructional materials are available on her websites.

