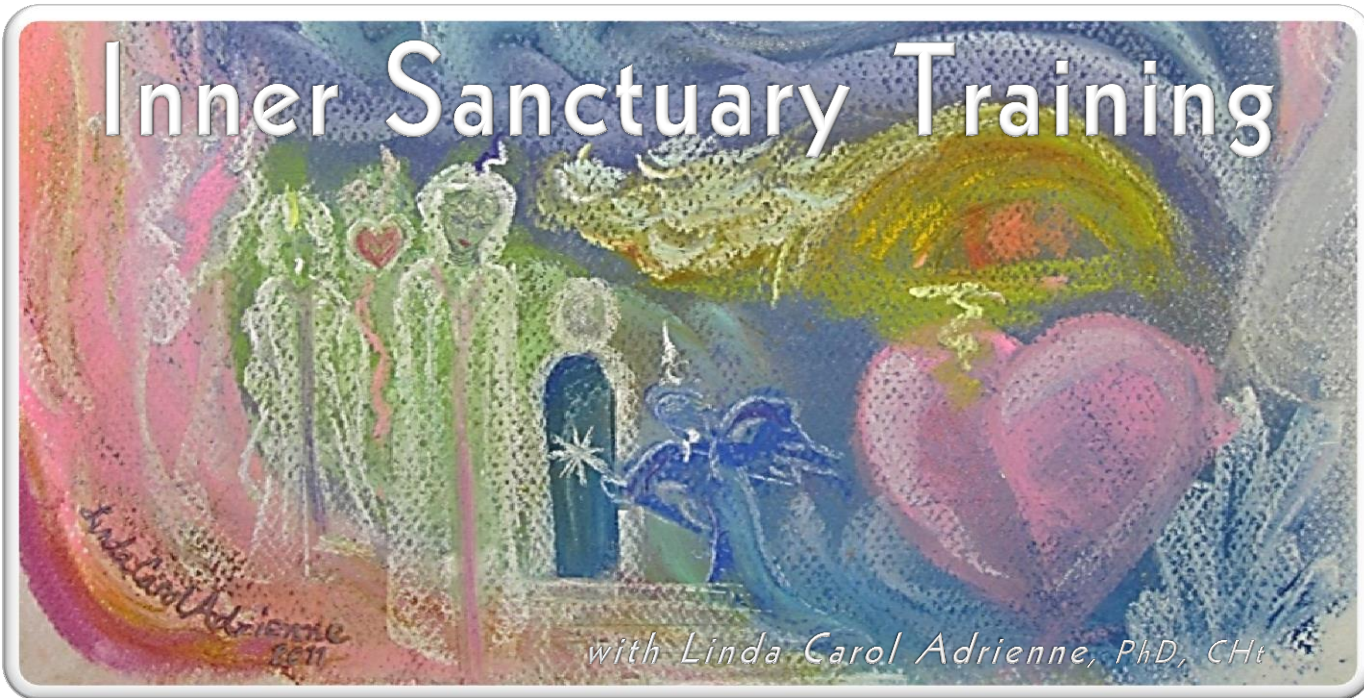


Inner Sanctuary Training



with Linda Carol Adrienne, PhD, CHt

The Inner Sanctuary Training (IST)* is a powerful and organized approach to embracing your Divine Self and is an effective imagery technique for daily use. This whole-brain meditation technique establishes the sacred space within you, where you can go to receive insights and answers to your questions, restore balance and vitality, receive healing, release negativity, create and manifest your creative ideas, connect to your strengths and abilities, as well as strengthen your sense of purpose. Your sacred work in the Inner Sanctuary continually brings greater light, love, wisdom and peace into your life and your world. The practice of IST is inspiring, life transforming, and enlightening. This training course is for anyone seeking to live a more authentic life, empowered with their own unique gifts.

As you learn the IST technique, you will mentally construct your own Inner Sanctuary, a 'sacred space' within your consciousness where you will feel restored and enlightened, re-energized, strengthened and inspired! By building upon the understanding that your thoughts and intent open the way for you to be healed, this guided imagery approach to meditation connects you to your own spirit in a real and potent way. This practice is meant to align you with the highest and brightest part of you and guide you to finding your 'Teacher Within'.

The only prerequisite for this class is a willingness to learn.

I look forward to ushering you into that calm, wise and balanced place within your deepest self.



Inner Sanctuary Training is for beginners as well as those currently using a meditation practice.

(This class is a prerequisite for some Delphi University classes; you will receive certificates of class completion & initiation through Delphi)

Friday.....5:45 pm – approx. 9:00 pm *Check-in begins at 5:15 pm*

Saturday.....9:30 am – approx. 6:00 pm

Sunday.....9:30 am – approx. 6:00 pm

*Please see the online calendar and/or
the registration form for class dates.*

Instructor: Linda Carol Adrienne, PhD, CHt of Perspectives Holistic Wellness

Location: Kempsville, Virginia Beach, VA

Visit: www.PerspectivesHolistic.com/ist.html • **Email:** SeekClarity@PerspectivesHolistic.com • **or Call:** 757-504-4261

Your text book is included in the Inner Sanctuary Training tuition of \$300

(Special Discounts for Healing Sanctuary Healers or Military & Family)

Limited class size – a \$100 deposit is needed to reserve space in the class. Pay in full by 4 weeks prior - get \$45 off



(*This class is separate from and unrelated to any Healing Sanctuary)



Perspectives Holistic Wellness

Inner Sanctuary Training

Class Registration Form

To register for the class, complete & send this form, with your deposit, to:

Regular Mail: Linda Carol Adrienne, PhD, CHt
Perspectives Holistic Wellness
1121 Birnam Woods Drive
Virginia Beach, VA 23464

Email: SeekClarity@PerspectivesHolistic.com

Class Date: March 20-22, 2015

*Class information & details will be sent by email (or regular mail by request) once your registration is processed.
~ Please allow 3-5 days for processing ~*

Name: _____

Name for certificates:
(Please Print Clearly!) _____

Street Address: _____

City, State, Zip: _____

Cell Phone: _____ Home Phone: _____

E-mail: _____

Allergic to cats? No Yes Other: _____

-
- \$255 - Early Paid in Full Inner Sanctuary Training Registration Fee - *Until 4 weeks prior to class*
- \$300 - Inner Sanctuary Training Registration Fee - *Beginning 4 weeks prior to class*
- \$100 - Class Deposit Required - *\$70 refundable until 2 weeks prior to class, special circumstance exempt*
-

Method of Payment: Cash* / Credit Card *(In person only, please do not mail cash or credit card numbers)*

Check* *(Please make checks payable to Linda Carol Adrienne, PhD)*

****Preferred Payment Methods***

Ask About Our Military & Family Discount