



# *Art of Heartful Living Leadership Program Level 1*

**The Art of Heartful Living Program** is a leadership and energy mastery training program that empowers you to bring your full brilliance and gifts out into the world in service to others. By freeing yourself from old patterns and mastering your own energy you can manifest your heart's deepest desires and create transformational healing in your own life and for the greater good. An experiential, hands-on approach is used to help you develop your own unique intuitive abilities and energetic healing skills.

Everyone has innate healing abilities. The program provides a deeply supportive, organic environment for you to tap into your own healing gifts and deep well of knowing. Discover your magnificent potential that you were always meant to live. The Art of Heartful Living Program will give you the hands-on training and guidance to open you to profound joy, abundant success, and a deeply grounded sense of well-being.

**Saturday, April 14, 2018 9:30am - 5:30pm**  
**Sunday, April 15, 2018 9:00am - 5:30pm**  
**842 Summersong Ct., Encinitas, California**  
**Cost: \$325**

For more information or to register for the event, contact at 760-652-5840  
info@artofheartfulliving.com. Provider approved by the California Board of  
Registered Nursing, Provider #15521 for 16 contact hours

## What You Will Experience:

- Fully activate the brilliance and gifts of your true self so that you experience tremendous well-being, joy, abundance, fulfillment and can support this transformation in others.
- Create more loving, healthy, meaningful relationships with clients, co-workers, family and friends by releasing old patterns and developing greater presence, awareness and connection.
- Develop your unique, natural ability to perceive energetic dynamics in the human energy field and use this powerful tool to understand and heal physical, emotional, mental and spiritual imbalance in yourself and others.
- Learn a heart-centered, unity-based approach to energy healing that heals by embracing the whole of your being and life around you, accessing the innate healing capacity of the mind/body/spirit system, and bringing this system into balance with the natural harmony of life.
- Add vitality, depth and potency to your professional ventures by developing your intuition of what serves you and the greater good, and learning to guide projects to successful conclusions that are in alignment with the Whole.
- Identify and release old beliefs and behavioral patterns that no longer serve you so that you can open to the truth of who and what you are and experience more of the fullness and brilliance of your Essential Self.
- Nourish your body and spirit, and enhance your well-being with essential, regenerative self-healing techniques.
- Share deep connection, joy, healing, growth and support with a wonderful community of like-minded people who share your desire to promote well-being with those you work with.
- Modalities that will be incorporated to open you to your own heartfelt leadership include: energy healing, family/systemic constellation work, mindfulness training, heartfelt communications, and other mind/body therapies.



**James Woerber** is Co-Founder and CEO of The Art of Heartful Living, an in-depth program that teaches energy healing, communication skills, leadership skills, family/systemic constellation work, and other mind/body modalities. The program workshops help participants find deep joy and fulfillment, apply valuable mind/body practices in their personal and professional lives, and play an active role effecting positive change in the larger community. James has been teaching various alternative therapies and human potential courses since 1997. He also has a private practice where he integrates energy therapy and systemic constellation work to effect deep healing for individuals and families. His in-depth training includes 6 years of hands-on training at Matrix Light Institute, 3 years of energy therapy study at The School for Enlightenment and Healing, and family/systemic constellation facilitator training at Living Body and Soul, along with numerous workshops and conferences. His background also includes working in film, video, multimedia and website development as an award-winning producer, director and writer where he has fine-tuned his communication and leadership skills. James is grateful to have the opportunity to help empower others to open to greater health and well-being and root themselves more fully in their deeper soul expression.



**Kathleen Joy Woerber** is an energy therapist in private practice since 1991. She is Founder and President of the Matrix Light Institute (1995 – present), an organization that creates an exciting forum for exploring energy, healing and human potential. She later co-founded The Art of Heartful Living, an in-depth program that teaches energy healing, family/systemic constellation work, communication skills, leadership skills, and other alternative therapies. An expert in helping others develop, deepen and trust their intuition and inner wisdom in both their personal and professional lives, Kathleen has been teaching energy healing and conducting seminars since 1992. She is also authoring a book titled *The Jewel Within—A Love Story* which chronicles her remarkable journey into healership and shows how we can transform our own lives by understanding the subtle but limitless power of an awakened heart. Her natural clairvoyant gifts have been honed by years of formal training in energetic healing. She has also been trained in Ericksonian and Transpersonal Hypnotherapy, Neurolinguistics, EMDR, CranioSacral, Visceral Manipulation, The Pathwork and other mind-body therapies. Her understanding of the subtle dynamics of energy has been enhanced by her experience as an international business consultant (1985-1991). In this capacity she traveled extensively, teaching communication skills and working in a business setting with the energy fields of many people from widely differing cultures and backgrounds.