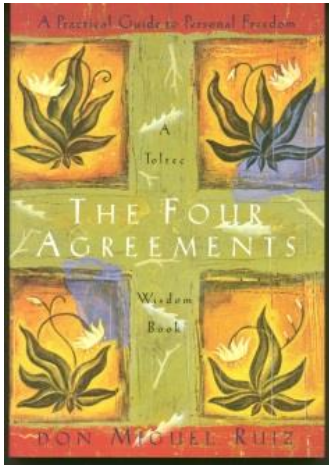


# “LIVING THE FOUR AGREEMENTS”

## A Transformational 6-Week Study of Ancient Toltec Wisdoms!



Be Impeccable With Your Word  
Don't Take Anything Personally  
Don't Make Assumptions  
Always Do Your Best

As humans, we live by a set of unwritten rules, which we unconsciously subscribe to. We unknowingly and innocently adopt beliefs, thoughts, opinions and mindsets which create lack, limitation, fear and unhappiness in our lives. “The Four Agreements” is a powerful transformational tool, which helps us to release unconscious trappings, and guides us to living in freedom, acceptance, peace and grace.

As we study the best-selling book, “The Four Agreements, A Practical Guide to Personal Freedom” written by Don Miguel Ruiz, you will learn to:

- \* **Detach from drama, fear, judgment and pain** \*
- \* **Stop sabotaging your relationships, happiness, health and goals** \*
- \* **Reclaim your integrity and personal power** \*
  - \* **Accept yourself and those around you** \*
  - \* **Look internally for validation and love** \*
  - \* **Live freely, fully, authentically and peacefully** \*

**JOIN US IN THIS 6-WEEK STUDY - CHOOSE A DAY & TIME THAT WORKS FOR YOU!**

**Thursday Mornings 10:00 -11:30 (May 13 - June 17) via Zoom**

**Or**

**Monday Evenings 7:00 - 8:30 (May 10 – June 21) via Zoom**

**\$25 weekly class fee via Venmo to “Lynn-Pridmore”**

**Weekly meditations & exercises are included to support you in living the Agreements**

**Reading the book is highly encouraged, yet not required.**

**Contact Lynn Pridmore at 201-572-7771 or [Lynn@SpiritHealingAndWellness.com](mailto:Lynn@SpiritHealingAndWellness.com) for additional information ([www.SpiritHealingAndWellness.com](http://www.SpiritHealingAndWellness.com)).**