

A Workshop for Women Loving Our Selves

Opening the Heart of Kindness and Compassion ~ For Your Self

Do you want to learn how to be kinder, gentler,
more accepting and loving with your self?
This workshop will help you!

Are you feeling distanced and
separated from your own
heart?

Are you understanding, giving
and caring to others, yet often
lack the same patience or
kindness for your self?

Are you ready to change
the tape that plays in your
mind?



Miriam Klements

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Two New Dates Offered:

Saturday, March 7, 1 - 4 pm
in Frederick, MD AND

Sunday, March 22, 1 - 4 pm
in the Kentlands in
Gaithersburg, MD

Please click on the [Calendar](#) on
the home page for cost and
location information or contact
Miriam at 301-815-5479
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*You keep looking for love from
other people. The source of love
is within your own heart. You
don't need their love. You need
your love.* Paul Ferrini

A few weeks ago Oprah shared with millions of viewers that she had come to the bottom of the well. She could no longer continue giving to others, with little attention to loving and caring for her self. Her lack of self-love had caught up with her and now she was making a new choice ~ **She was ready to truly Love and take care of her self.**

Are you ready? Are your life patterns similar? This has been the way, especially for women, for a very long time. Be part of this **beautiful awakening of women to the true meaning of giving loving kindness to ourselves.** Let us change the legacy we give to our daughters, families and communities.

We will explore our lack of permission to be caring and loving towards our selves. With a gentle heart we will uncover HOW we came to this place of being disconnected from and closed off from our selves and our own kindness, acceptance and love.

Together we will begin to CREATE A RETURN PATH TO HEART AND SPIRIT Centered Love of Self, opening to the true elements of a loving, gentle and compassionate heart.

Just as the song says: "**Learning to love your self, it is the greatest love of all**" You know not yet what you are born for.....and it is birthing time.

This workshop will be a catalyst for deep transformation. As we become gentle, tender and nourishing to ourselves, we come back to wholeness and balance, living and sharing **true love, harmony, peace, and kindness**