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LINDSAY WAGNER'S QUIET THE MIND & OPEN THE HEART WORKSHOPS AND RETREATS

While Lindsay Wagner was working as one of the most popular actors on International television, she was simultaneously pursuing a vigorous study about healing and its relationship to the expansion of human potential. That journey of more than four decades has brought her in contact with some of the most gifted doctors, scientists, healers and spiritual leaders around the world. Now, Lindsay has brought this collective wisdom into a transformational process that can make a profoundly positive change in any individual's life.

The "Quiet the Mind & Open the Heart" experience is designed to help us access more deeply the peace and joy which is naturally within us and realize how the conscious and unconscious concepts we carry in the mind often have a life diminishing influence on others and ourselves. For many, the workshop can be the catalyst needed to break through old or undesirable patterns affecting our family dynamics, intimate relationships, self-image, parenting, friendships and our work/career.

Lindsay's approach presents a range of methodologies combining psychology, spirituality and healing touch that are designed to cut through the major roadblocks to true joy and fulfillment in our lives. Most importantly, she creates a safe and loving environment for this exploration, which is key to the workshop's proven success and lasting impact.

"It is always a miracle for me to witness when the shift happens, when people can finally let go of the pain and burdens they have carried for far too long." explains Lindsay. "At the same time, they marvel at how effortless the process is and how immediate the change is in their feelings and relationships."

For more information, visit www.lindsaywagner.com <<http://www.lindsaywagner.com>> or contact Regina Samsel at regina@lindsaywagner.com or via phone at 310.968.1090

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