



# The Essence of ARC Workshop

May 14 -16, 2010  
Abbotsford, BC

***Join Heather Faris and Jo-Ann Svensson on  
a journey that takes you to the  
Essence of who you are.***

- Practice open-hearted listening skills to create intimacy in your life
- Learn how to hold “presence” - a deep sense of self-awareness - in stressful situations.
- Learn effective hands-on energy healing techniques for cleansing, release and renewal.
- Find out how our stresses and emotions influence physical conditions.

**Cost: \$275 if paid before April 8;  
\$295 if paid after April 8**



**The ARC Institute** is a school of consciousness. ARC teaches physical, emotional and spiritual care for oneself and others by means of workshops, classes, presentations and therapeutic sessions. Since its foundation in 1994, The ARC Institute has dedicated itself to the support and development of high quality education in health-care and personal growth.



Increase body and emotional awareness in a unique two hour session working with horses. Led by Equine Guided Development Facilitator Carla Webb.

**[www.unbridled-potential.com](http://www.unbridled-potential.com)**

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