

**Escape the cold and come to fun in Miami**

**SPECIAL - White Light Training in Miami**

6 pm Friday January 19 to 2 pm, Sun., January 21, 2018

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James and Joy White

As you enjoy the warmth in Miami you will have a chance to **greatly expand your capacity to love both yourself and others.**

Learn and practice **Embodied Compassionate Communication (ECC)**. You will become more empathic with yourself and your partner and more centered in your body. You will also be able to understand others better by reading their body signals.

Baby Massage – where we play and just have fun, acting like a baby touching and laughing. Flop and roll on the floor and lay on top or being rolled over, this is a fun exercise.

Inner Child Work – healing scars from childhood that will help you to be comfortable in your body.

Personal Effectiveness training – heal scars from your past, and learn tools that will help you to become more effective and balanced.

Play on the beach.

Valuable relationship skills in private coaching sessions customized to your needs.

**These skills will improve your relationship and improve your life.**

Joy White has over 30 years experience in various healing and massage modalities. She is trained in natural nutritional and homeopathic healing, and has helped many to restore their health naturally.

James White has 5 years experience in massage and life coaching.

Feel free to call or text James White at 209-677-7347 if you have questions about this workshop. If you call and get his voicemail, leave a message and he'll get back to you as soon as his schedule permits.

\$380 including training, lodging and breakfast  
\$300 for training without lodging