



NEW CLASS OFFERING

<u>Change Your Thinking,</u> <u>Change Your Life</u>

6-week course beginning Tuesday February 18th 6pm MT/5pm PT

> 2.5 hour class \$50 investment

Welcome to *Change Your Thinking, Change Your Life*. This course, which will be taught by Rev Rachael Dilling, is designed to uncover beliefs, thoughts, and behaviors around relationships, money, and health. Using powerful tools and narrative, discover how to improve these areas where necessary, and grow in areas that are already good.

This class contains 6 modules: Begin Where You Are, Using Spiritual Principles and Practices to Facilitate Change, Creating Thriving Relationships, Abundance is Your Natural State, Health and Wholeness, and Wrap-Up and Celebration.

This class fulfills requirements for foundational classes to take more advanced classes, AND fulfills the requirement for applying for CSLSG Core Council.

Please register by emailing Rev Rachael Dilling at <u>RNDilling@gmail.com</u>. Your registration fee can be paid through PayPal or Zelle. Please note that your payment is for the class.

(Zelle instructions <u>HERE</u> .)

Paypal online donation

Visit our Website



Center for Spiritual Living St. George | PO Box 3132 | St. George, UT 84771 US

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