



## **POWER RETRIEVAL**



with Molly McMillan, OTR/L- owner/director

Throughout our lives we have all had the experience of “giving our power away” or feeling it was taken from us, leaving us with the sense of not being whole, and wondering what was missing. This workshop will give you the opportunity to retrieve this vital essence through journeying, and movement facilitation techniques all done in a supportive and empowering group environment. When we live with our full vital essence or power we are able to flow with life more easily, we feel healthier, happier, and more energized. Please join us, and re-discover the power that is your birthright.

Go to [www.manhattanmfr.com](http://www.manhattanmfr.com) or call 917-439-6548 for more information.