

The Manna & Stones Journey

Tapping the Life Force that Feeds and Sustains Us beyond Food



Release yourself from fear and predominate social pressures around self image

Reveal your inner wisdom and an abundance of self acceptance

- Explore your traditions, stories and habits around food, nutrition and nourishment
- Bring empathic awareness to repetitive thoughts and judgments that limit potential
- Develop mindfulness practices that support more consciousness and choice in eating
- Activate and fully receive Manna - Light Energy that nurtures wholeness of mind, body and soul
- Expand your creativity and move beyond “stuck” patterns into more life-serving behaviors

Participant feedback:

"Not only did this training guide me, in a beautiful and loving way, into my ability to produce and ingest Manna, it helped me express and transform my emotions around nourishment of body and soul. It opened a whole new level of receptivity in my life." Barb R., Musician & Performance Artist, MN

"Since I began making manna, I feel rejuvenated each day. Manna is nurturing and comforting to me as I receive its healing on many different levels." Kathleen B., Healing Arts Practitioner, CA

"Walls of fear anchored in the mind, were compassionately transformed into doorways of spaciousness and discovery in the heart. I am blessed with an expansiveness of creativity where all is possible. Arna Leshem and Pat Burdy are skilled facilitators who artfully hold tender caring space for each unfolding in its own time." Joan O., Attorney, MN

With Arna Leshem & Pat Burdy

April 20-25, 2010

Amanae & Frequencies of Brilliance Center

2324 37th St. East

Minneapolis, MN 55406

Price: \$900 (+ \$500 for optional residential-room and board)

*\$100 discount **IF** non-refundable \$250 deposit received by 3/30/10

Registration & Contact: patburdy@hotmail.com or phone 612-345-6044

More about Manna: www.arna-k-leshem.com and www.mannaconnection.com