

# The Manna & Stones Journey

*Activate the Life Force that Feeds and Sustains Us beyond Food*



*Meet yourself within a new place of wisdom, self acceptance and respect*

*Find yourself free from fear and social pressures*

- 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
- Open and fully receive Light Energy – Manna - 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*

**At the Amanae & FoB center in Minneapolis, MN**

For dates see the schedule page

Price: \$800 (+ \$360 for room and board)

**Registration & Contact: Pat Burdy [patburdy@hotmail.com](mailto:patburdy@hotmail.com)**

**or call Pat at: 612-345-6044**

More about Manna: [www.arna-k-leshem.com](http://www.arna-k-leshem.com) and [www.mannaconnection.com](http://www.mannaconnection.com)