

SUMMIT COACHING SERVICES

AIM HIGH



SPECIAL GUEST INSTRUCTOR!

SUNDAY

NOVEMBER 10TH

1:00 PM—3:00 PM

COST:

Course Outline:

- ◆ Opening meditation
- ◆ The alternation principle
- ◆ Healing fear through alternation
- ◆ Healing physical injuries through alternation
- ◆ Shifting limiting beliefs through alternation
- ◆ Using alternation to heal and balance relations
- ◆ Beyond alternation: that which is always present.

Institute for Spiritual
Development
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www.isd-dc.org
(Register online)

ANDREW OSER, Founder and Executive Director of the “Joy of Sports” Foundation will be with us on November 10th after service to present a very special workshop entitled:

EFFORTLESS HEALING THROUGH ALTERNATION

Alternation is a profound key to healing ourselves and our lives on all levels. When we switch our attention back and forth between two objects of focus and notice the difference without judging or analyzing it, whichever is functioning less optimally will come up to the level of the other one. In this workshop, you will learn simple effective techniques for applying this principle to healing your body, mind, emotions, and relationships.

Andrew Oser: A tennis and life coach since 1970, Andrew Oser has helped more than 50,000 children and adults to express their highest potential. He has spoken and given workshops throughout North American and Asia, and has conducted seminars for major corporations such as General Dynamics and HBO. His work the The Joy of Sports Foundation was recognized as a Point of Light by the White House. Andrew is the author of *The Joy of Tennis* and *Star Power for Preschoolers*. He is a summa cum laude graduate of Princeton University.

Testimonials

Andrew Oser is a gentle spirit with great wisdom. His workshop was well received and was a true blessing to everyone who attended.
Margaret Mohit, Minister, Unity Spiritual Life Center, Laguna Hills, CA

Andrew is a gifted spiritual guide and teacher who brought all of us to a place of peace, wholeness and unity through his workshop. The gifts I received were deep and life-transforming.
Kaye Leedham, Unity Center of Walnut Creek

I've been applying everything I learned in Andrew's workshop and my life has been transformed. Anita Golding, LCSW, Unity at the Lake, South Lake Tahoe, CA