

Integrative Energy Skills School (I.E.S.S.)



"My mission is to increase awareness of energy as something we all can learn to master in service of our highest purpose and wellbeing"

—Catriona O'Curry, M.A., Graduate, N.W.S.H.

I.E.S.S. Class Schedule 2011-2012

Saturday all day classes (9am - 6pm)	Tuesday evening classes (6:30pm - 8:30pm)	Student Evenings
October 22, 2011 November 12 December 10 January 7, 2012 February 18 March 17	October 22, 2011 November 8, 12 December 6, 20 January 3, 17 February 7, 21 March 6, 20	Students connect on their own twice a month via Skype or phone.

Cost is \$275 per month*

To arrange payments, call: (520) 822-4982

For recommended reading and more information
visit the I.E.S.S. page on our website

Email Catriona for an interview: cat@sonoracohousing.com

*Six months commitment required

bobcat
BobcatIntegrativeConsulting.com



*If you feel called, then take the leap.
Things will fall into place!*