



Rejuvenation & Well Being

Live from the heart.

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"One of the biggest tragedies of human civilization is the precedence of chemical therapy over nutrition. It is the substitution of artificial therapy over natural, of poisons over food, in which we are feeding people poisons trying to correct the reactions of starvation."

-Dr. Royal Lee



Thank You



Many thanks to all of you who attended the workshop with Roy. The feedback was wonderful. For any of you who did not get a chance to attend, Roy is offering classes at a greatly reduced rate. If this appeals to you, do give him a call.

Sending all good wishes your way,

Dawn



How We Expand Our Energy and Awareness to Achieve Balance in Our Life

- An in depth analysis of the Cross Roads we experience in our lives and how we can apply a more balanced approach to facing and overcoming our challenges
- Expanding our awareness of how we use our challenges as a way of removing our life's difficulties by creating a Life's Pyramid that you can use to change yourself and the situation
- How to focus your will, willingness, and will power to improve the quality of your life.
- Eastern Spiritual Insights into the Bible - Discussing Original Christianity
- How to Improve all aspects of your business and life by working with your inner values and principles

Classes are on Tuesday evenings from 6pm - 8pm

Address: 740 Fourth Street, Suite 111, Santa Rosa, CA - you can park behind Barnes and Noble (this is our parking lot, too) and walk around to our entrance on Fourth Street.

To reserve your class: call Roy at 707-338-9799 or email

rgugliotta@outlook.com

The cost is \$35 per person per class

Presenter: Roy Gugliotta

Gugliotta is a lifelong disciple of Paramhansa Yogananda. His path to balance has been to understand how to apply spiritual principles in his life. His specialty in teaching has been to show that using spiritual principles can be practical, useful, and can make a difference in our lives.