

It is time to take  
**CONTROL** from the  
inside out!



Do any of these words describe you?

- Burnt out
- Frustrated
- **Seeking**
- Questioning
- Confused

What we're saying  
today is that you're  
either  
**part of the solution**  
or you're  
**part of the problem.**

– Eldridge Cleaver

*Where  
do you fit?*

**Where do you WANT to  
fit?**

- You have the **choice**
- It can be **easy** and **manageable**
- The positive effects will ripple  
throughout your life **creating**  
**the change you want to see in**  
**the world**

## Your Facilitator Sage Tozeland

Sage Tozeland is a Healer and Teacher, who is dedicated to aiding people in **living their TRUTH**. She has experienced how it is not always easy to remain on her path in this world. These experiences have led to the creation of this workshop series, addressing practical and manageable ideas and suggestions for connecting mind, body and spirit in day to day life.

Sage has been on the healing path for over 10 years. She began her Hypnotherapy and Timeline Therapy™ training in 1993. She was introduced to Reiki in 2004 and knew instantly that it was the perfect companion to her previous training. She discovered that because of the extensive self work she had completed she was able to move quickly through the Reiki attunement process and has since attained Mastership in the Usui Reiki and Karuna® Reiki systems.

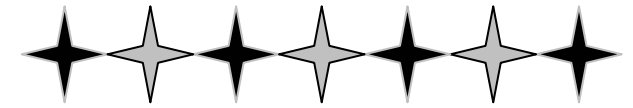
Sage believes it is time that everyone in the world begins to step into their own **personal power**. Personal power is **empowerment** and does not take power away from anyone. Each person who is willing to take a hold of their lives and heal adds to the healing of the world.

Sage's commitment is to work together with all who are willing to CHANGE THE WORLD through personal empowerment.



*Sage Tozeland*

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# Hide and Seek

**The Practical  
Application of Living  
Your TRUTH**



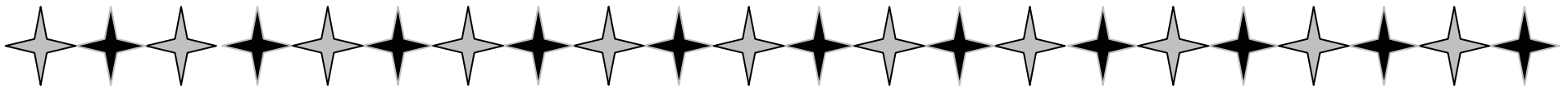
*Sage Tozeland*

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## Hide and Seek: The Practical Application of Living Your Truth

The workshop series is designed to aid people who are ready to:

- ✓ make a change in their lives
- ✓ commit to their happiness
- ✓ take control of their lives
- ✓ take responsibility for their impact on the world around them
- ✓ recognize their own personal power
- ✓ recognize the beauty they add to the world
- ✓ open up to new possibilities . . .

- ✿ The workshop series is a set of **4** individual workshops, each designed to address different aspects of stepping into your Truth.
- ✿ Each workshop is a weekend: Friday 7-10 pm, Sat and Sun. 10-4 pm.
- ✿ The first workshop is a prerequisite for the other three.
- ✿ The next three can be taken in any order.
- ✿ Each workshop is \$250.00 with an **early registration** price of \$200.00 if paid in full by the date indicated for each workshop.



### Workshop 1 – A Paradigm Shift:

This workshop addresses a necessary paradigm shift that is occurring in our world: we are in control of our lives! Throughout this weekend you will be introduced to ideas necessary to aid you in your **shift to empowerment**, ultimately guiding you to the life you WANT to lead.

- Early Registration by September 2<sup>nd</sup>

### Workshop 2 – Healing the Past:

This workshop addresses and releases many of the ingrained limiting beliefs we hold about ourselves and the world around us. This workshop includes: a Reiki level I attunement, hypnotherapy (clearing out the limiting beliefs and replacing them with positive beliefs that add to your life).

- Early Registration by September 9<sup>th</sup>

### Workshop 3 – Journeying with Others:

This workshop addresses how to build community, not just with those you are already in contact with, but with everyone, breaking down the barriers of “us” and “them”, and understanding the reality of “we”.

- Early Registration by September 30<sup>th</sup>

### Workshop 4 - Shining Your Light:

This workshop addresses how you can most effectively live, prosper, and share your light with the world, being your **authentic self**. Through discovering your purpose in this life you are able to address that which is preventing you from being the amazing person you are, who deserves to be happy, secure and loving.

- Early Registration by October 21<sup>st</sup>

### Hide and Seek: Workshop Dates

A Paradigm Shift – Sept.9-11

Healing the Past – Sept. 16-18

Journeying with Others – Oct. 7-9

Shining Your Light – Oct. 28-30

