

# Soul University

*Workshop*

## Dissolving

Doubt ~ Guilt

Shame ~ Worry





**Soul University**  
**Dissolving Doubt ~ Guilt**  
**Shame & Worry Workshop(s)**  
**Tuesday, April 16<sup>th</sup>, 2019**  
**Cost: \$49.95\***  
**[Click to register.](#)**

***A life-changing two hour workshop***  
***with Soul Dancer,***  
***Founder: Soul University***

Tuesday, April 16<sup>th</sup>: 4 - 6 p.m. (Big Island - Kona location) Hawaii Time\*\*

\*\*[Click to convert time zone\(s\).](#)

**Host: [Aloha Acupuncture & Wellness Center](#) Hawaii (Kona) location provided upon registration.**

**Video conference access available.**

**Attend by computer, tablet and/or smart phone from any location with access to cellular or wifi signals.**


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**Our two hour highly interactive (experiential / recorded\*\*\*) workshop trains you on how to use lifetime tools to . . .**

1. identify and respond to the roots of DGSW. Exploring (versus analyzing) the source(s) of these unhealthy, socially sanctioned habits may seem tricky at first. As you gain an awareness of the cleansing attributes of exploring (versus the toxic nature of analyzing) you're well on your way to permanently releasing DGSW.
2. explore how we *norm* these life-draining actions in ways that appear life-affirming, even rewarding at times.
3. discover ways to be more mindful of how tenacious DGSW habits are - especially during times of ritual (holidays and / or ceremonies), dramas and traumas.
4. **flip doubt into confidence, guilt into innocence, shame into pride and worry into wonder.**

Questions? Call Soul University at 312-268-0000. We look forward to seeing you in class!

Aloha!

  
**Soul Dancer**  
Founder of [Soul University](#)

\* Minimum 10 / maximum 20 in-person spaces available. Maximum 50 virtual space(s) for video-conference call attendees.

\*\*\* All events recorded to review as needed post event. A signed Audio / video release required to complete your registration.