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GENERAL BROCHURE

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## INTRODUCING.....Marlene George

Marlene George started getting into the alternative health field through her desire to heal some of her past.

She explored various forms of alternative health and now teaches workshops in Therapeutic Touch™, Reiki and other Transformational and Stress Management Skills. Marlene also includes CraniolSacral Therapy in her private Healing Sessions.

For The past 20 years, she has operated a full-time practice in her home in Brampton, Ontario.



Marlene's private or telephone consultations, teleclasses, healings and Life Skills methods have helped many with physical and emotional challenges. Some of these include depression, anxiety, addictions, anger, sexual and emotional abuse, and grief.

Most people are guided with their day-to-day health, financial, business and relationship challenges.

Marlene's teachings have enriched many lives and her methods encourage, coach and help students to become clear, to focus and to joyfully live the life they want.

Her clients come from all walks of life and her work also includes guiding youth, women's groups, schools, colleges and various corporations.

Marlene coaches her clients to share with them the **universal Laws of Attraction** to help them create what they want. These laws are the basis of her work whether it is a health challenge, a relationship challenge or a business challenge.

Her teachings, healings, private and telephone consultations have taken her throughout Ontario, South Africa, Mexico and the United States. Marlene has also had many radio and TV interviews.

In response to her students' and clients' request for a book to summarize her teachings, Marlene wrote ***Your Life Is Now!*** which provides "**Nine Skills for Joyous Living.**" It is accompanied by 4 Visualization CDs, ***Health, Happiness*** and ***Harmony and Celebrating Birth.*** Her latest accomplishment is her new book, ***Loving Mother... NO MATTER WHAT!*** co-authored with Anna Henry. It offers a refreshing perspective on how to improve relationships between mothers and their children. The book is accompanied by a CD, ***Loving Mother... NO MATTER WHAT!***

### **Inspirational Presentations**

Marlene's Inspirational Presentations emphasize her vision to share her work with those who are on a continuous quest to become all that they desire and to make their dream a reality.

Something you do not know about Marlene; she owned and operated her Hair Dressing Salon, successfully, for 7 years from the age of 17 years in South Africa.

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# LIST OF SERVICES

## Coaching

### *Individual and Group Business Coaching*

## Individual Therapy

- ***CranioSacral Therapist:*** A gentle, hands-on method of evaluating and enhancing the functioning of a physiological system called the CranioSacral system.
- ***Reiki Master:*** REI means “universal” and refers also to the spiritual dimension and the soul. KI means the vital life-force energy which flows through all that is alive. Reiki Master designation is the third degree, a teacher of Reiki.
- ***Therapeutic Touch™ Practitioner:*** A contemporary interpretation of several ancient healing practices. Based on an energy interaction between people, it unblocks and balances the body’s energy.
- ***Individual and Group Counselling:*** Need someone to talk to? Need Advice? Need Support? Need healing? Marlene George can offer you support, counselling and healing in personal or group sessions.

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## Interactive Workshops

- **Nine Principles of Joyous Living:** This informative interactive workshop is presented as an overview of Marlene's nine skills to live a happy, healthy, harmonious, and prosperous life.
- **Healing Through Breathing:** Combines powerful breathing, evocative music, artwork, creative self-expression, focused bodywork, and group processing done in a safe and healing environment.
- **Learning to Move Forward:** Transforming anger — learn skills to identify, release and change your responses to the challenges in your life to create what you want. Release the tension in order to open your life to wonderful opportunities all around you.
- **Discover Your Inner Healer:** Consciously choose to heal the wounded and disowned self in order to create love, peace, harmony and prosperity in your life.
- **Healing Circles:** Provide a unique opportunity for like-minded individuals to share their energy helping others while they help themselves.
- **Reiki Workshops:** Provide an opportunity for the Healing of all forms of Physical Illness and Injury, as well as the Healing and Releasing of all types of Mental and Emotional Issues.
- **Three-Series Workshops:** There are two sets of three workshops in the Series. The first set of the Series consists of: Are You Living the Life You Want? How the Body Gets Our Attention through Pain, and Are You Ready for a Joyous Relationship? The second set of the Series consists of: Self-Esteem, Fear and Anxiety, and Forgiveness.

## Students' Comments

*"I would like to thank you for the excellent workshop you held recently. Your guidance and expertise gave me the courage to really let go and be totally part of the energy that was in the room. Although we were only a small group we worked well together, and I was quite exhausted the following day! I am honoured knowing you. Each workshop I do with you enables me to peel off a little more of my old ways, to get to the shiny bright core that you can see in me. Thank you again, Marlene. Light and love." — Cheron L-L*

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## Teleclass Leader:

### ***What is a TeleClass?***

A TeleClass is a conference call, like a chat line. It is highly interactive with some lecture, some questions and some discussion. You will receive timely tips, tools, strategies and techniques over the telephone that can benefit your life and business immediately. Some classes are free and some have a fee.

### ***How Does It Work?***

Teleclass sessions are usually one hour long, sometimes discussions-based ,and occasionally lecture-based. Just like a live seminar, students may participate as much-or as little -as they wish.

You do not need a computer in order to be in the class. All you need is a regular phone. The cost to call a bridge line is a standard long distance charge. There are no conference fees. All you do is pay your long distance carrier whatever your rates are. Most carriers charge \$3-6 an hour for long distance, so the cost is minimal.

## Teleclass Sessions

- *“The Nine Principles for Joyous Living.”*
- *“Are You Living the Life You Want? –Success is Your Birthright!”*
- *“How The Body Gets Our Attention Through Pain.”*
- *“Are Your Ready to Have a Joyful Relationship?”*
- *“Forever Young!”*

Marlene's practice includes on-site as well as online and telephone counselling and workshops/teleclasses.

### **Students' Comments**

*“In the teleclass, I learned some skills to move past family relationship issues. Now I have a much more positive relationship with my parents!”* — Lesley S.

*“Love the teleclasses! Thank you, Marlene, for always being there and taking the time to make self-discovery a rewarding effort.”* — Antonio S.

*“Marlene, you are amazing. Always a new and wonderful idea and now the teleclasses! What a wonderful example you set of ‘allowing’ the good in your life to just keep getting better and better.”* — Bob L.

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## Retreats:

### *Week-end and week-long*

#### What to Expect:

Always on the go? Need some time to relax, release and let it all go? Attend one of Marlene George's Wellness Retreats and treat yourself to a week-end or week-long **centred around you!** These retreats will let you experience:

- Discovery
- Awakening
- Meditation Through Breathing
- Moving
- Sharing
- Playing
- Laughing
- A Morning Meditation
- A Sunset Meditation

These retreats offer an amazing balance between group interaction and calm solitude, sharing and silence, movement and resting, giving and receiving. They provide a time of relaxation to get away from your very busy life. Why not spend some time to refresh, renew, transform and heal through dancing, singing, drawing and exploring nature?

These experiences will help you through sharp awareness to gain greater health, well-being, a sense of belonging and peace, and you will deepen your appreciation for life. Participants will perform activities and rituals that they can learn to apply to their everyday lives to make life happier and more fulfilling and be inspired to forgive and release the pain from their past.

No location is too far away or too exotic, or maybe you want something that is just around the corner from your home, anything is possible. Some locations where Marlene has hosted wellness retreats acting as an inspirational speaker and personal coach to corporate and private groups are: Mexico, South Africa, various locations in Canada, and various locations in the USA.

#### Students' Comments

*"Spending two days with Marlene is worth years of conventional therapy."* — S.J.

For more information to enquire about or to book a retreat or workshop, contact Marlene  
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# NINE PRINCIPLES OF JOYOUS LIVING WORKSHOP

Facilitated by Marlene George

Learn tried and true principles for joyous living. Marlene shows you simple steps that you can take to immediately improve the quality of your life today!

Join Marlene in this informative interactive workshop presented as an overview of her nine skills to live a happy, healthy and harmonious life.

Marlene provides valuable information on each of the nine skills which her students can start using today in order to improve their lives. Using exercises, visualizations and examples from her practice, Marlene guides her students through the process of living their best life right now.

The Nine Principles of Joyous Living include The Present Principle, Trusting Your Higher Self, Self-Esteem, Freedom from Fear, Relationships, Forgiveness, Health, Success and Forever Young. This is the most personal of her professional presentations.

## Students' Comments

*"Marlene's classes helped me break down my internal tape, which had me believing I was not worthy. I can have it all' is now my new positive tape. The course helped me to set goals and provided strategies and exercises to achieve them. Sharing in a safe place, encouraging others, and being supported by others on their healing journey was beneficial for me."* — Jane J.

*"I have been to some of Marlene's classes. I love them! Sharing with other students is very educational. I'm using the skills I learned. I feel much clearer and stronger about the things I want. I can stay more positive. I feel more empowered in knowing I can have whatever I want!"* — Sharon W.

*"Attending Marlene's classes has been very beneficial for me. Marlene makes you feel safe and able to speak freely. Attending any one of the courses Marlene offers, you immediately are able to express yourself and there are no trust issues. I found that my classmates and I were able to discuss and learn a great deal from participating in the many courses that Marlene offers. I wholeheartedly recommend that the courses Marlene offers and her magnificent insight would benefit everyone who attends."* — Afrodite K.

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## Joyous Living Skill #1

### THE PRESENT PRINCIPLE

#### ***Your Life Is Now, Now Is The Time To Live it!***

Marlene introduces her 9 Principles for Joyous Living with the **Present Principle:** Your Life is Now, Now is the Time to Live it.

Using information from Eastern and Western philosophers, Marlene guides her students to learn about the Present Principle, how and why it works. Applying the Present Principle in your everyday life will restore your balance, improve your health and create a happier existence for today and all of your tomorrows.

Using exercises, discussions, and visualizations, this informative workshop provides the participants with the tools to incorporate the Present Principle in their everyday lives.

#### **Students' Comments**

*"It was a cleansing, healing process. I dealt with buried issues with my ex-husband and my family. I could let go of the past. I'm learning to take care of myself first, and then everything else falls into place. I have moved forward and made changes in my life."* — Margaret R.

*"I felt like the workshop had been designed specifically for me as the reasons for my deep feelings of depression, anger, frustration and fear become clear to me. I was able to take back the control of my life and look forward to tomorrow."* — Herbert P.

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## Joyous Living Skill #2

### HIGHER SELF

#### ***Stay Joyful! Trust Your Higher Self To Guide You To The Things You Want!***

Whether you refer to it as Inner Guide, Spirit Wisdom, God Within, Sacred Self, or God, you have a Higher Self who is there to guide you to the life you are meant to live. Join Marlene for an informative, content-rich workshop on contacting and getting to know your Higher Self.

You will learn who your Higher Self is, where it is, and most important, how to contact it. Your Higher Self works in your best interest whether you realize it or not, but your life becomes easier when you commit to working with it, rather than ignoring it or working against it.

Through meditations, exercises and visualizations you will learn the importance of feelings to direct the course of your life. Marlene teaches techniques to bring joy into your life on a daily basis. Once you understand the importance of your connection to your Higher Self, your life will be filled with joy, satisfaction and a sense of peacefulness.

Join Marlene in this workshop for your personal exploration of your Higher Self.

#### **Students' Comments**

*"I continued to use the skills we discussed in our sessions. My business has really improved."* — James F.

*"Marlene has the ability to get to the root of the problem"* — Jean M.

*"Through Marlene's workshops I have come to recognize that I am truly a child of God and that miracles can and will happen, all I need to ask!"* — Agatha B.

*"I use a lot of appreciating and allowing, then relax and let the good things happen."* — E.G.

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## Joyous Living Skill #3

### SELF-ESTEEM / SELF-WORTH

#### *You Get To Choose How You Want To Feel*

Join Marlene in looking in the mirror for your validation. It's been her experience that most of us get our impressions from other people rather than the face in the mirror. In order to improve your life, it's time to change the source of your self- image, from others to within.

Learn to draw from your own inner strength, from knowing and trusting your own authentic self. How to express and live your life the way you like to. You get to choose.

Using exercises and visualization, Marlene helps her students examine the source of their self-image and make the change from others to oneself.

#### **Students' Comments**

*"Since coming to the workshop and sharing my feelings with other students, I'm more joyful. There have been many positive changes in my business, and I have a lot of new clients." — Joe J.*

*"I've worked with Marlene for many years. Her creativity and insight is impressive. Marlene's classes are always well-prepared, interesting and fun." — Rozalynde Woodcock*

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## Joyous Living Skill #4

### FEAR AND ANXIETY

#### ***What We Fear, Our higher self is telling us to change.***

Marlene George facilitates a workshop all about what we fear and why. Fear is our higher self pointing out what we need to look at and to change. If you desire a happier, more harmonious life, you must acknowledge and understand the source of your fear, embrace it, then heal it to move forward.

Through exercises, visualization and bodywork, Marlene eases the process in an informative, interactive workshop.

#### **Students' Comments**

*“Amazing! After some sessions with Marlene, I feel so joyful! My life is being transformed. All aspects of my life and all of my relationships have been enriched and enhanced.”* — Lesley S.

*“Feelings of being frustrated, panic-struck and going nowhere have turned around.”* — Donna B.

*“I now know that these negative thoughts and feelings were not compatible to what I desired. This is what perpetuated my fears and anxieties.”* — B.V.

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## Joyous Living Skill #5

### RELATIONSHIPS

#### ***Get happy to have happy relationships.***

- Are you experiencing challenges with relationships?
- Do relationships at home, at play and at work leave you feeling lonely, frustrated, angry and tired?
- Do you want to attract loving relationships with people in your life by finding new vitality with yourself?

Learn strategies to understand why your relationships are falling apart and what you can do to make positive changes.

Move forward past old patterns into redefining yourself and how you deal with the people in your life.

The time is now to have more fun and love in your life!

Learn the tools and principles that will give you what you want from your relationships. The people in your life do not have to change in order for you to get what you want. You can better the outcomes of your interactions with others by changing your responses, old habits and attitudes. No matter how desperate and gloomy the relationships look now, they can be transformed in a very short time when you apply these skills.

What this workshop will teach you:

- Learn why you are experiencing difficulty with the people in your work, social and family life.
- Learn to appreciate all the people in your life.
- Learn more about yourself from existing relationships.
- Learn to have more fun.

#### **Students' Comments**

*"It was a cleansing, healing process. I dealt with buried issues with my ex-husband and my family. I could let go of the past. I'm learning to take care of myself first, and then everything falls into place. I have moved forward and made changes in my life."* — Jenny H.

*"Wonderful! It has helped me accept the past, and leave it behind. I see the possibilities of a bright and beautiful future. I feel free and empowered."* — Lesley W.

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## Joyous Living Skill #6

### FORGIVENESS

#### ***Be Willing To Own Your Own Part In Your Relationships.***

Through forgiveness, we allow more joy and harmony into our lives. Once we understand why and how the relationship and events we experienced came to pass, we can move on to forgiving ourselves and others. This will ultimately bring us more joy, peace and success into our lives. (Perhaps you need to forgive someone in your past or in your present in order to move on in a happier way.) Anger and resentment holds us hostage and can be seen as a sack of rocks strapped to your back as you pursue your path in this life. Forgiveness removes the burden which eases you on your journey.

Through exercises, discussions and visualizations, Marlene uncovers the people you need to forgive in order to improve your life.

#### **Students' Comments**

*"I have new understanding of why I am where I am in my life and I look forward daily to where I am going."* — Allan H.

*"Powerful...finally I feel peace and happiness."* — Lesley T.

*"I now have a more full, loving heart and a more joyful life. Thank you, Marlene, for your guidance."* — M.C.

*It was a cleansing, healing process. I dealt with buried issues with my ex-husband and my family. I could let go of the past. I'm learning to take care of myself first, then everything else falls into place. I have moved forward and made changes in my life."* — M.P.

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## Joyous Living Skill #7

### HEALTH

#### ***How the body gets our attention through pain.***

- Are you feeling tired, out of shape or imbalanced?
- Do you lack the drive to workout, play, and dance or are you constantly ill?
- Are you ready to take responsibility for your health?

Learn how your mind and emotional state affect your overall health and how the body gets our attention through pain. Apply strategies to help you pinpoint the reasons for ill health and ways to feeling better so that you can be vibrant, invigorated and new again.

Discover how your emotions create what you manifest in your physical body.

What the class will teach you:

- The chakras have a consciousness; each section of the body represents certain feelings and attitudes about self and the world.
- What we manifest in our bodies ties to our attitudes and feelings.
- How to listen to your body and change your responses to allow wellness back into your life.
- How to create a healthier and balanced body.
- How to celebrate your body and life through appreciation and acceptance.
- Learning to use affirmations to gain health and overall well-being and happiness.

Marlene George is an experienced wellness workshop leader and coach. Join us in an interactive and informative look at making your life full of health and revitalization!

Experienced lecturer, Marlene has presented this popular workshop to appreciative students from around the world. Her methods include exercises, meditations and creative visualizations. In addition to Marlene's teachings about the source of your pain, she includes valuable information about your infinite ability to heal yourself.

#### **Students' Comments**

*"This work has made me feel more positive about myself. My Health is improving. I feel much lighter and more balanced. I have so much more energy"* — May S.

*"Thanks, Marlene, for your encouragement along my joyous path. My health gets better and better everyday."* — N.W.

For more information, contact Marlene George Today!

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## Joyous Living Skill #8

### SUCCESS IS YOUR BIRTHRIGHT!

#### ***Money, Business, and Success.***

- Are you living the life you want?
- Are you ready to attract more of what you desire?
- Are you tired of feeling tired, depressed, angry, anxious or victimized?
- Do you want more success, money, health, happy relationships and a more joyful life?

Learn 3 steps to accelerate your dreams and make what you have imagined a reality.

Applying these powerful strategies will bring into your life what you want and show you that anything you desire is possible. You will understand how our physical, emotional and mental well-being influences our success. Our beliefs, perceptions and assumptions accompany us wherever we go. So, pack your bags with positivity and start on your journey to success!

After taking this workshop and applying the 3 easy strategies, you will:

- Feel more energized and healthy.
- Be more focused and clearer about your goals.
- Feel happier and hopeful.
- Feel at ease and in charge of your life.
- Feel that financial security and abundance is attainable.

#### **Students' Comments**

*"Marlene's classes helped me break down my internal tape, which had me believing I wasn't worthy. 'I can have it all!' is now my new positive tape. The course helped me set goals and provided strategies and exercises to achieve them. Sharing in a safe place, encouraging others, and being supported by others on their healing journey, was beneficial for me." — Jane H.*

*"I now wear the finest clothes and jewellery, live in a beautiful home, have a wonderful relationship and support many worthy causes. My life is wonderful and I look forward to many more delightful things.." — E.G.*

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## Joyous Living Skill #9

### FOREVER YOUNG!

#### ***Why we want eternal youth.***

- Do you want to feel young and beautiful inside and out?
- Do you want to live a long vital healthy fulfilling life?

Learn strategies to create the perfect image you want for yourself which will help you feel and look healthier and younger. Learn how to turn your biological clock backwards and slow down the aging process.

Discover that youthfulness is not genetic! Break down the barriers of aging myths and feel refreshed!

#### ***What this class will teach you:***

- The body reacts to the mind and your thought processes.
- You create in your body what you think about it.
- Illness is not hereditary.
- You can change where you are to where you want to be.
- Nothing is impossible.

#### ***Are you ready to believe it before you see it?***

This class is for those who have a strong desire to live full, long, healthy lives. Through visualizations, interactive exercises, worksheets, breath therapy, and Therapeutic Touch™, experienced educator, Marlene George, will lead you to the fountain of youth.

#### **Students' Comments**

*"I have worked with Marlene for many years. Her creativity and insights is impressive. Marlene's classes are always well-prepared, interesting and fun."* — Rozalynde W.

*"I feel excited, more inspired, healthy, and empowered. Thank you, Marlene, for helping me to see that I can make my dreams come true."* — M.T.

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# BREATH THERAPY WORKSHOP

In a content rich, interactive workshop, Marlene George combines powerful breathing, evocative music, art, creative self-expression, focused body work and group processing done in a safe and healing environment.

Proper Breath work unblocks and brings new energy and balance to the body, thoughts and emotions. Through choices, we release fear, denial and anxieties which free us from patterns and programs that are no longer useful to our personal growth.

In this workshop, we rediscover our magnificence and renew our commitment to love, thereby filling our lives with more peace, joy and harmony.

## Students' Comments

*"The breathing workshop allowed me to open up and release buried anger and feelings of unworthiness that had been plaguing me for many years. I had a dramatic shift in awareness and was able to hug my inner child and treat myself with love and respect." — Joan O.*

*"Good. I saw past lives and my past. I was able to accept my past and deal with it on a safe level. I saw a quiet and peaceful life for the future." — Sally B.*

*"I had high blood pressure for over 30 years. Two weeks after the breathing, I no longer need my pills." — Angela S.*

*"Each time I breathe, I go deeper into my healing, removing blocks. The breathing allowed me to feel supported and provided confidence, when I saw my guardian angel." — Jane L.*

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# LEARNING TO MOVE FORWARD

## *Transforming Anger*

### **Create What You Want In Your Life!**

Learn skills to identify, release and change your responses to the challenges in your life (regardless of the circumstances).

In this workshop, you will learn:

- How to let go of the anger that has been part of your life for so long.
- How to forgive those with whom you have challenges.
- How to take responsibility for the way you feel.
- How to stop feeling like a victim.
- How to change the way you feel in each moment so you can be joyous.
- How to attract great events, experiences and people into your life.
- Begin to feel more energetic, enthusiastic and excited about life as this workshop provides you with skills to feel more empowered, hopeful and happier.

Join experienced educator and New Age philosopher, Marlene George, as she conducts this popular workshop. Through guided exercises, guided visualizations and individual counseling, Marlene will teach you how to break the bonds of procrastination and fear so that you can live the life you want!

### **Students' Comments:**

*"This workshop has helped me to move forward and it provided me with the tools and strategies that I needed to do so in each moment of my day! It is never too late to make the best out of life. Each day is a gift and I am joyful to be alive."* -- Diana C.

*"The Learning to Move Forward workshops helped me to confront past hurts and stumbling blocks that stopped me from living my life to the fullest. The process is so powerful that I felt like weights had been lifted from your shoulders."* — Julie S.

*"Through one-on-one counselling I was able to deal with suppressed childhood memories that were stopping me from living a full, happy life. I seemed to reach a certain level of success only to sabotage myself because I didn't feel worthy. I now have the tools to move forward and live a full and happy life."*— Sabrina E.

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# DISCOVER YOUR INNER HEALER

## *Experience Your Magnificence!*

**WORKSHOP FOCUS:** Breath Therapy, Energy Balancing, Hands-on Healing, Visualization, Music, Movement, Sharing, Sound, Colour, Chakras, play.

**LEARN TO:** Release fear, anxiety, anger, free yourself from old patterns and programming that no longer empower you.

CONSCIOUSLY CHOOSE TO HEAL THE WOUNDED AND DISOWNED SELF AND CREATE LOVE, PEACE, HARMONY AND PROSPERITY IN YOUR LIFE.

### **Students' Comments**

*“The Discover Your Inner Healer workshop allowed me to understand where some of my feelings of self worth started, to confront them and understand them. I had a dramatic shift in awareness and was able to hug my inner child and treat myself with love and respect.” — Joan N.*

*“This work has made me feel more positive about myself. My health is improving. I feel much lighter and more balanced. I have so much more energy” — May S.*

*“Powerful.....finally I feel peace and happiness.” — Mark A.*

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## HEALING CIRCLE

The Healing Circle provides a unique opportunity for like-minded individuals to share their energy helping others while they help themselves at the same time. The results of participation evolve over time from the moment the participant arrives, during the process and for many weeks thereafter. Through sharing, trust, support, nurturing, music, movement, visualization, discussion, breath therapy, play and healing, Marlene provides a comfortable and safe place for transformation of the participant's physical, emotional and mental challenges.

### Students' Comments

*"I love it. It's so relaxing! We have fun sharing and using the skills Marlene has taught us. The group energy is very healing. I'm excited about the positive changes in my life."* — Lesley Y.

*"Amazing! After some sessions with Marlene, I feel so joyful! My life is being transformed, enriched and enhanced."* — John D.

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## Reiki Workshops

Reiki is a comprehensive therapy effective in encouraging the Holistic Healing of any difficulty. Reiki works to promote the Healing of all forms of Physical Illness and Injury, as well as the Healing and Releasing of all types of mental and emotional issues. Reiki helps the obvious problem as we are working to clear the underlying causes of the problem, ultimately leading to health and harmony. Reiki is also a powerful tool toward Spiritual Growth and Evolution. Reiki also allows for the dynamic acceptance of Unconditional Universal Love. This leads toward the development of your own Intuitive Guidance and a complete Transformation of Consciousness.



### ***What Can Reiki Do?***

This list has been comprised through anecdotal research. Clients have reported feeling:

- ✓ More creative
- ✓ More balanced
- ✓ Less emotional
- ✓ Less stressed
- ✓ More relaxed
- ✓ More vitality
- ✓ More awareness
- ✓ Less or no pain
- ✓ More ability to fall asleep
- ✓ More ease of movement

These reported benefits generally lasted at least three to ten days, and often the original problem did not re-occur.

### **Students' Comments**

*"I leave Marlene's workshops inspired and at ease knowing that all is well."* — Leanne S.

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## **Three-Series Workshops**

An experienced workshop leader and coach, Marlene George provides an interactive and informative look at making your life full of health and revitalization!

Leave the class feeling positive and confident that you can have the happy and healthy relationships you want!

### ***Set No. 1 of Three-Series Workshops***

**Are you Living the Life You Want?**

**How the Body Gets Our Attention Through Pain.**

**Are You Ready to Have a Joyous Relationship?**

### ***Set No. 2 of Three-Series Workshops***

**Self-Esteem**

**Fear and Anxiety**

**Forgiveness**

### **Students' Comments**

*"Marlene has changed my life for the better, offering positive solutions to problems that are truly inspirational and uplifting!"* — Janice Robertson

*"I learned to trust. I felt a refreshing child-like innocence. The energy of everyone working together in the workshop brought everything together for me."*— Margaret V.

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# **Workshop Series: Mothering and Me**

## ***Workshop One***

### **Creating**

In this introductory workshop, Marlene explores the variations of the most primal relationship between human beings: mother/child/mother. Regardless of the quality of the relationship you have with your mother or you have with your children, this inspirational and interactive workshop will shed light on how the quality of that relationship can always improve using the techniques learned in this class.

## ***Workshop Two***

### **Communicating**

The creative process continues as Marlene guides you through the fundamental principles of clear and effective communication particularly in this often emotionally charged association. Apply these principles to all of your communications, relationships, and particularly to any carrying baggage from the past. You will learn how to enjoy the bond between you and another person, particularly as a mother or with your own mother, or your mother-in-law. Enhance every relationship with clarity of purpose, understanding of intent, and positive emotion which you will be able to communicate more effectively after taking this workshop.

## ***Workshop Three***

### **Caring**

Caring for and about each other is the basis for any good relationship, and is always present in the mother/child/mother paradigm whether it's obvious, or not. Whether your mother was a "good" mother, a "bad" mother, or an "absent" mother, the element of caring is always present. Even if it's expressed in feelings of guilt because you don't think you care about each other. Marlene examines the dynamics of abuse and abandonment, and nurturing and loving from an entirely new perspective. If this third element is missing in your primary relationship, learn how to restore it for your own benefit, your children's benefit, as well as your mother's.

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## PRODUCTS

### **Books:**

*Your Life Is Now! Trafford Publishing, 2004*

*Your Life Is Now! e-book, 2005*

*Loving Mother... NO MATTER WHAT! George Henry House*

### **Visualization CDs:**

“Health”

“Happiness”

“Harmony”

“Celebrating Birth”

"Loving Mother... NO MATTER WHAT!"

### **Weekly Lessons:**

The Nine Principles for Joyous Living

### **Bookmark:**

Nine Skills for Joyous Living

## **What People Say About Marlene's Products**

*"Marlene's CDs are lifesavers for me. When I'm in a situation, listening to the CDs and doing the exercises, makes me much calmer." — Margaret P.*

*"Marlene has the ability to get to the root of the problem." — Jean M.*

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## **FOR IMMEDIATE RELEASE:**

In response to the many requests from her clients and students, experienced educator and New Age philosopher, Marlene George, wrote *Your Life is Now!* summarizing her teachings. Marlene has applied her expert knowledge of Reiki, Therapeutic Touch™, CranioSacral Therapy, Healing and Healing Circles in her international practice to her philosophical principles in this book. Drawing on the teachings of Eastern and Western masters, Marlene's interpretations go right to the heart of the information. In clear and concise language, Marlene covers every aspect of living a life of joy in a stressful modern world. Using her "Nine Skills for Joyous Living," readers will improve their relationship with themselves, their work and their significant others. Illustrated with stories from her personal experience, including easy-to-follow exercises and inspirational visualizations, Marlene's book will improve every aspect of the reader's life. *Your Life is Now!* is a welcome addition to Marlene's 3 Visualization CDs; these CDs are sold as a set, individually or with the book.

To order your copy of Marlene's book, *Your Life is Now!* and/or Marlene's Visualization CDs visit her Web Site at [www.marlenegeorge.com](http://www.marlenegeorge.com).

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## APPENDIX

### *List of Speaking Engagements and Workshops*

Winner of the Entrepreneur of the Year award from the Ontario Professional Women for Women Organization - 1999  
Nominee for The Halton Women of the Year Award - 2008  
Speaker at Nursing Homes  
Speaker at Prison Institutes  
Speaker at several Health and Wellness Shows  
Speaker at several Retirement Homes  
Speaker at several Churches  
Speaker at several Schools and Colleges  
Several presentations at workshops and retreats in Mexico  
Several presentations at workshops and retreats in South Africa  
Several presentations at workshops and retreats in Canada  
General Electric  
Honeywell  
ING Canada, Human Resources  
Petro-Canada  
Mary Kay  
East Metro Youth Services  
Biidaanban Healing Lodge  
XL ICL Insurance  
The Running Room  
Victoria Order Of Nurses  
Prizm Canadian Income Fund Kit Inc.  
Friends and Advocates  
Knights Table 116  
Consumer Survivor Network LHIN  
Micro Skills Employment Services  
St Matthew's Health Ministry  
BAPS Shri Swaminarayan Mandir  
Women's Conference  
Professional Women for  
Lions Club  
Canadian Mental Health Association -- Out Reach Program  
Employability Skills For Youth Program - Centre For Education and Training  
ESS Support Services  
eWomen Network  
Friends & Advocates  
Interim Place - Victim Services  
It's Your Life on Radio AM-1350 and FM-107.7  
LAMP Community Health Centre  
Speaker at Real Estate Boards  
OPSOA Professional Assistants Conference  
PHH Arval  
Parkinson's Society Canada  
Professional Development Teachers Day  
Ridley Funeral Home  
Saint John's New Brunswick Book Store  
The Business and Professional Women's Club of Ontario  
The Board of Trade  
The Learning Annex  
Toast Masters  
Women With Vision  
Several appearances on CTS TV, Burlington, ON  
CFRB Radio, Toronto, ON  
CHEX TV Durham, ON  
The Wall Street Journal, Radio Interview, Toronto, ON  
Rogers TV York Region  
Rogers Television Mississauga  
Positive Living Productions Inc.

## NOTES

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