



the soul  
sanctuary



esteem empower enliven

## the soul sanctuary

The intention of the Soul Sanctuary is to inspire individuals who are ready to become more esteemed, confident and empowered.

Through a variety of resources and programs, participants are supported in finding strategies to help them navigate their way to achieving their goals and aspirations.

The programs are designed to be interactive and thought-provoking, thus encouraging individuals to tap into their innate resourcefulness and creativity.

The space provided is cozy and comfortable. It promotes a relaxed and intimate environment conducive to learning, as well as building fellowship with other participants.

## testimonials

*"Thank you for all of your encouraging words... you inspire me. I have appreciated all of your insights".*

**J. Brierley**, Perth, Ontario

*"What a positive impact you have had on my life! Your passion and insight have helped me to realize my inner greatness. I am now attracting what I really want in life, instead of what I don't want."*

**L. Hamel**, Ottawa, Ontario

*"The coaching experience has been amazing. I was able to recognize deep issues that I was carrying around. It was wonderful to simply become aware and start doing different things to change my life... it felt like a big load off my shoulders."*

**L. Grant**, Burlington, Ontario

## programs and resources

**Coaching for Personal Growth** encourages an improved relationship with self, which allows for enhanced relationships with others.

**Spiritual Mentoring** assists those who are striving to grow in personal awareness and deepen their communion with God/Higher Power in order to advance in knowledge and develop to their fullest potential.

**Unleash Your Spirit** is a monthly gathering of like-minds designed to assist participants in creating more joyous lives, expand their consciousness and enrich their souls. Two hours of lecture, meditation and interactive discussion.

**Study Groups** are designed to provide tools and strategies to enhance the quality of your life. The following sessions are two hours long over an eight-week period.

- A Soul's Approach to Dating & Mating
- Activate Your PMS  
(Personal Magnetism System)

## contact linda

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