

- Is your vital life energy sapped?
- Do you sometimes feel unnecessarily tired and even depressed?
- Are your relationships not what you want them to be?
- Are you not the *you* you want to be?

As children we were often prohibited from expressing ourselves. For the sake of safety (and to be loved) we learned to shut down. This caused chronic emotional tensions sapping our valuable life energy.

Yet we have the ability to release any feelings of hurt, anger, sadness or shame getting in the way of our health and happiness.

The goal of WINGS™ is to help women reconnect with their emotions in a natural unfolding way.

Achieve true movement in your life by opening yourself up to new possibilities for a rich rewarding life and juicy relationships.

Join WINGS™ and take the opportunity to explore your core issues in a gentle, safe and supportive environment.

Visit us on the web at
www.DrDuffy.com

Every third Wednesday
WINGS™

7:30 PM—9:00 PM
Sept—May

Begins Sept. 21, 2011

Meets monthly
on the 3rd Wednesday.
\$45.00 /month

*When we walk to the edge of
the light and take the step into
the darkness of the unknown,
we must believe one of two things
will happen~ there will be
something solid for us to stand on,
or we will be taught to fly.*

Claire Morris: A Manual for Life

About WINGS™

*Provides me a safe place to bear my truths
& fine tune exactly who I am. I feel lighter
and more free. It's like dropping the bricks
I've been carrying all my life.*

Barbara G.

*This is fast track release... getting rid of the
"pockets" of debris... and the cob webs;
I'm finding my true potential.*

Deborah S.

*"Talking therapy" helped, but not enough.
I got more out of one session than I did for
months talking about my problems..*

Lucy S.

*** NOW ACCEPTING ***
NEW REGISTRATIONS
for
WINGS™
September 2011
"First come, first serve"

Yes! I am considering joining the group. Please add me to your WINGS™ "Wait List" for Sept. 21, '11—May 16, '12 I understand that I will be notified approximately late June-early August of any openings available.

*Please note for new members:
A prerequisite private appointment is required.*

Name

Address

Phone

Email Address

----- Enclosed is my \$45 refundable deposit (until August 15) to hold my place!

----- I am interested in hearing about other services Dr. Duffy offers.

----- Please add me to your emailing list.

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