

*The George Mann Project for Spiritually Centered Living—  
A Study in Well Being presents*  
**Forgiveness as a Path to Wholeness**



**ANNOUNCING A SIX CLASS SERIES  
EXPLORING THE TOPIC AND  
EXPERIENCE OF FORGIVENESS**

Forgiveness is an essential practice for well-being and healing of every kind—mental, emotional, physical and spiritual. It is a powerful and transformational tool for life. In this experiential 6 week class, we will explore topics including *What is Forgiveness?; Compassion; Light; Projection; Self Forgiveness; Judgment; Love, Fear; and Seeing and Perceiving with the Eyes of Love*. Each class will include a grounding meditation and forgiveness exercise.

**Laura Davida Preves is an ordained interfaith minister, spiritual counselor and professional musician. She has a deep knowledge of 12 Step spirituality. Laura recognizes the importance of living by the tenet—“Only Love Heals.” It is from this space that she teaches and meets friends of the heart.**

**Date:** Six sessions: Monday, 9/21; Tuesday, 9/22; Thursday, 9/24;

Monday, 9/28; Tuesday, 9/29; and Wednesday, 9/30/15

**Time:** 7—8:30 PM

**Location:** The McIver Center at The Retreat  
1351 Wayzata Blvd. E., Wayzata, MN

**Fee:** \$75

**Sponsor:** The Retreat

**Register:** contact Sherry Gaugler-Stewart at 952.767.0334 or  
Ellie Hyatt at 952.476.0566



**Space is limited to 15 participants. In the spirit of creating depth and safety, class will be closed following the first session.**

For additional information call 952.476.0566 or 952.767.0334