

# ***Unity of Greater Hartford Sunday Morning Class***

## **Emotions Are Our Spiritual Teachers**



**Sundays – February 4 to February 25 - 9am**

**We** often shy away from the very emotions that rise again and again which are trying to inform us of what we are feeling and need expression.

**Come** and explore with greater awareness the rich landscape of our emotions and how to channel them into responsiveness versus defensiveness. Learn how to awaken your heart on a deeper level and reach levels of emotional empowerment and enrichment versus emotional overwhelm and shutdown.

**Please** sign up in advance for this Love Offering class.



**Deborah Wilson** holds a B.A. in psychology and is an international trainer, seminar presenter, coach and keynote speaker who has been in the training industry conducting thousands of seminars to organizations and corporations including: Johns Hopkins University, Mercedes-Benz of North America, BMW, Yale University, Pfizer and the National Institute of Health. Here at Unity, Deborah has taught and facilitated many classes and each one is highly praised!



**Unity of Greater Hartford**  
919 Ellington Rd (Rt. 30)  
South Windsor, CT 06074  
[www.unityhartford.org](http://www.unityhartford.org)  
[officemgr@unityhartford.org](mailto:officemgr@unityhartford.org)

