

# Rainbow Your Life®



Workshops by Dr. Gail Feldman:

## MIDLIFE CRASH COURSE

"Finding Resilience and Creative Purpose on Your Hero's Journey"

Sunday, April 15th, 2012 - 2:00 - 5:00 PM

- Are you in your 40's, 50's, or 60's? Welcome to the new midlife!
- Learn how to walk the midlife road of resilience. Recognize the "roads of trials" as a sacred initiation on the journey.
- Transform every adverse experience and be guided to your signature self-expression.
- Realize your Sacred Self-Your Divine Essence.
- Learn to love your "inner ogres" and process the grief you keep trapped in darkness.
- Discover your life purpose, the treasure at the end of the rainbow and become a warrior for that purpose.
- Reveal the colorful energy that flows through you and Learn to Rainbow Your Life.

The Rainbow Your Life Workshops are led by Dr. Gail Carr Feldman, PhD., a clinical psychologist, award-winning author, lecturer and life coach. Dr. Feldman has appeared on radio and television programs across the country, including Larry King Live. In addition to her talks in the United States, she has spoken on "*The Light of Creativity, the Psychology of Resilience*" in Puerto Rico, Greece and Vietnam.

These groups are based on the heroine's journey and inspired by her sixth book, "*Midlife Crash Course: The Journey From Crisis to Full Creative Power.*" Gail shares her personal journey and offers practices and exercises to achieve inner peace, purpose and empowerment.

Cost is \$35 pre-registration;  
After April 1, cost is \$40

High Desert Yoga and Healing Center, 4600 Copper NE  
Albuquerque, New Mexico 87108; Call 505-232-9642 to register  
To learn more about Dr. Feldman visit [www.gailfeldman.com](http://www.gailfeldman.com)