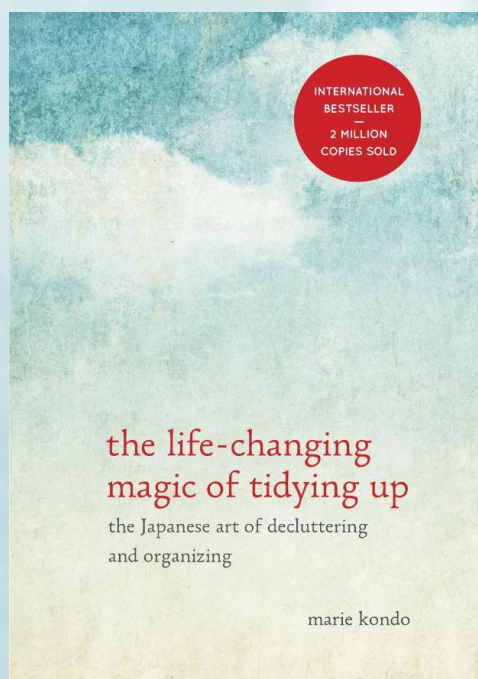


JOYFUL RELEASE

A METHOD FOR LETTING GO

With Marilyn Miller, RScP, and Caren Wilds, LCSW

"The Life-Changing Magic of Tidying Up, a mystical manifesto on letting go of the stuff we don't need, has become a global...phenomenon." -Wall Street Journal



Learn the Kondo Method of joyful release and create space for greater living. In this four-week class, participants will practice hands-on decluttering methods described in *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* by Marie Kondo. Deepak Chopra meditations on letting go will be presented to support the process of release. Participants will learn what to keep and what to let go, improve decision making skills, and recognize joy close to home.

Tuesdays, June 6 to 27, 2017

6:30 to 8:00 PM, in the Sanctuary

\$35 per Person in Advance or \$10 per Person per Class

To Register or for More Information, Please Contact:

Center for Spiritual Living, Redding

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530-221-4849 or visit www.csiredding.org