

H.E.R. Weekend[®] Testimonials

“One of the great privileges of my life was being invited to staff the HER Training. To observe women being real with other women, being soft and hard as only women with other women can be, being playful with each other and with me as a ‘grandfather figure’ and to see men and women relate honestly with each other without being handcuffed by ‘sexual or cultural’ role playing is an experience that I will never forget. The effect on me was as transformational as any training I’ve done - and I was on staff. The change in the women attending was a delight to see.”

*Bill Wich, Certified Leader, Mankind
Project, Co-Founder of Next Step and
Mystic Warrior Trainings*

“I have experienced profound and lasting healing from the work I did on the weekend. It rocked my world.”

*Judy Rudin
San Diego, California*

“The gifts I received from my HER Weekend continue to give. It helped me through a block in my life that I hadn’t been able to see my way through before. I recommend this workshop to any woman who wants to give herself the greatest gift of life and love in a sacred place...”

*Sacred Amy Divine
Lafayette, Louisiana*

“HER Weekend was ‘life changing.’ The process gently guided me to a deeper part of myself to heal. I was given effective tools to use that guide me to the strength and peace that was blocked within me...”

*Cheri H.
Aloha, Oregon*

“HER Weekend was a whirlwind of intense, personal processes... and exercises in love, trust, and transformation. I have grown spiritually and energetically. I know it is a God/Goddess inspired program. The staff was awesome—compassionate and powerful, and served with humility.”

*Catherine O’Callaghan
Staten Island, NY*

H.E.R. Weekend[®]

7131 Owensmouth Ave. #33A
Canoga Park, CA 91309



Healing Empowerment Release

H.E.R. Weekend[®]



Unlocking the true self

*A weekend of
transformation for women*

www.herweekend.net
info@herweekend.net

Have you done a lot of personal growth work and still feel like there is something missing in your life? Do you know what is in your way of getting what you truly want? Are you ready to take your healing to the next

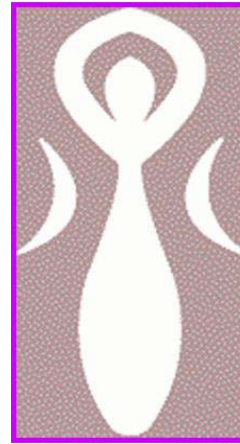
Then it is time to make

HER Weekend

YOUR Weekend

This intense, experiential training for women will give you the opportunity to discover:

- Your Inner Archetypes
- Your Inner Strength & Resilience
- Your Authentic Feelings
- Who You Are Behind The Masks That Protect You
- Some Of The Wounds From Your Past & The Decisions You Made From Them
- What Is Stopping You From Living The Life You Were Meant To Live
- The Inner Truths You Lock Inside
- What You Truly Want Out of Life



The Purpose of H.E.R. Weekend®

To provide powerful, introspective processes in a safe, supportive environment that assist women in healing and releasing their past, and in accessing their authentic, inner power.

“Life is change. Growth is optional.
Choose wisely.”

Karen Kaiser Clark

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“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do.”

Eleanor Roosevelt

About the Staff

H.E.R. Weekend is a not-for-profit training staffed by women and men with years of experience and training in the facilitation of this kind of work. The presence of the male staff gives the female participants the unique opportunity to work through their issues with the support of compassionate men. There are several processes on the H.E.R. Weekend where only women are present.

Upcoming Trainings

