

# TEN DEGREES<sup>Of</sup> TRANSFORMATION

## A WEEKEND WITH ANNA LESS

**December 3rd - December 5th, 2010**

As we journey through life, we pass through 10 stages of inner transformation, and at each transformative stage our soul tries to integrate a specific, archetypical, spiritual lesson. But, when we experience difficulties as we are learning these lessons, a filter develops that causes us to recreate and interpret our lives according to our past difficulties, rather than experiencing a life that incorporates the wisdom gained at each stage.

Psychologists, healers and mystics have studied these stages to understand and explain their purpose. This workshop integrates these perspectives and participants learn the specific lessons from each of the transformative stages as well as participate in healing practices that incorporate deep relaxation, guided meditation, music, symbology, breath, sound, and inner awareness. This weekend will transform how you view life, empower you as a healer of yourself and others, and offer you an opportunity to experience your true being.

**Friday, December 3rd**  
7:30pm-9:30pm

**Saturday, December 4th**  
10:00am – 5:30pm

**Sunday, December 5th**  
10:00am – 5:30pm

Anna Less is a senior teacher in the Sufi Order, and co-director of Rising Tide International, a center for inner awareness in Sarasota, Florida. She is one of the few westerners to hold a Ph.D. in Traditional Chinese Medicine granted by Zhejiang Medical College in Hangzhou, China. Anna brings a deep understanding of the mystical underpinnings of physical form and an ability to relate the spiritual path to our everyday lives.



Sponsored by Awakening Heart Circle, Sufi Order International Toronto [www.soitoronto.org](http://www.soitoronto.org)  
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Cost: \$165