

*"Starting in your own life, today, make an athletic leap to the higher ground you know is calling you"*

*– Mary Hayes Grieco*

# The 2020 Self-Mastery Program with Mary Hayes Grieco

You are invited to join a special community of people committed to personal growth and world service, with the masterful guidance of Mary Hayes Grieco. Mary is the director of the Midwest Institute for Forgiveness Training, an author, and a respected spiritual teacher who has taught forgiveness workshops nationally and internationally for over twenty years. Study wholistic psychology and spiritual healing with Mary and your fellow students, and you will change your life for the better. This potent and joyful course takes place in ten modules and 90 hours of group learning, and it offers an effective new skill set for emotional healing to be used for yourself or in your work as a mental health professional or healing arts practitioner. At the end of this training, you will have tools that empower you to end your suffering about the past, and live a vibrant and purposeful life in the present.

Our group meets in the cozy and peaceful Carondelet Center on the campus of the College of St. Catherine in St. Paul. There are rooms available at low cost if you want to stay overnight. The program includes a private coaching session, which takes place at Mary's office in Minneapolis. This course is a foundation and pre-requisite for anyone who is interested in becoming a teacher of the model and methods of Unconditional Forgiveness.



## The 2020 Program Schedule

January 17-18	The Path of Self Mastery/Community Building
February 7-8	Forgiving Another Person or Situation
March 6-7	Psychosynthesis Part I: Soul, Personality, & Will
April 3-4	Psychosynthesis Part II: Subpersonalities
May 8-9	Self Forgiveness and Self Love
June 12-13	Healthy Boundaries
<b>Summer Break: Monthly Check-in/Meditation (dates TBA)</b>	
September (dates TBA)	The Essenes
October (dates TBA)	Develop Your Intuition
November (dates TBA)	The Subtle Energy System
December (dates TBA)	Living Your Purpose

**Questions:** For questions and more specific information about this program, call the Institute at 612-874-6622

**Cost:** \$3,500.00 Payment plan available

**Web:** [www.maryhayesgrieco.com](http://www.maryhayesgrieco.com)