

# !~! Cruise Control !~!

## 2016 “Personal ENERGY Management” Series

[me.rivera@verizon.net](mailto:me.rivera@verizon.net)

### Telephone and Individual Sessions Are Available

February 7, 2016, FREE Gift for Valentine’s Day 2pm, Sunday  
Safety Harbor Library, "HEALTH from INSIDE" +  
FREE experience: Heart Forgiveness  
"The Essential RELATIONSHIP TOOL"

Jan. 16 + weekly, Saturday, DUNEDIN, “CORE HEALTH Series 1,” Steve Brewer

Jan. 16, St. Pete, “DAO of De-Cluttering ~ Make Space, Gain Peace,” Dr. Liva Kohn

Jan. 30, St. Pete, 1-4pm, “Chakras: Your Powerful and Positive Energy Centers”

Tree of Life Yoga, Dr. Linn Sennott, ACHF, E-RYT200, RYT500 Yoga Teacher

Feb. 3 + 3 Tuesdays @ 6pm, DUNEDIN, HEART FORGIVENESS,” Steve Brewer

Feb. 20, Sarasota, “Are YOU FUNNY with MONEY?” Dr. Linn Sennott

Feb. TBD, St. Pete, “POWERFUL + POSITIVE COMMUNICATION,”

Dr. Linn Sennott, 727-599-5819 [LSennott@tampabay.rr.com](mailto:LSennott@tampabay.rr.com)

Feb. 20, 27, Mar. 6, 13 @ 6pm, St. Pete, “Heart ENERGY Yoga!” Dr. Linn Sennott

Tree of Life Yoga, 6800 Gulfport Blvd, So. Pasadena, FL [LSennott@tampabay.rr.com](mailto:LSennott@tampabay.rr.com)

March 2, 9, 16, 30 Monday evenings “HEART FORGIVENESS,” with Anthony Dennett

Upward Spiral Center, 17886 US 41, Lutz, FL. [AnthonysUpwardSpiral@gmail.com](mailto:AnthonysUpwardSpiral@gmail.com)

March 6, 1, 20, 27 @ 11am, St. Pete, “Heart ENERGY Yoga!” Dr. Linn Sennott

Temple of Living God, 1950 2<sup>nd</sup> Ave North, St. Pete, FL [LSennott@tampabay.rr.com](mailto:LSennott@tampabay.rr.com)

March 18 – April 15, St. Petersburg, “CORE HEALTH Series 1: Creating a Solid Self”:

Dr. Livia Kohn, [liviakohn@gmail.com](mailto:liviakohn@gmail.com)

April 21+ ff 3 Tuesdays, Sarasota, “HEART FORGIVENESS,” with Patricia Starr

**April 30, Facilitator UPDATE**, Safety Harbor Library 9:30 – 5pm, Social 5-8pm

**May 4-8, Silent Re~Treat 1**, Dunnellon, FL [www.RainbowRivers.com](http://www.RainbowRivers.com), Dr. Ed

**May 11-15 Silent Re~Treat 2**, Dunnellon, [www.RainbowRivers.com](http://www.RainbowRivers.com) Rick Eldridge

May 13-15, “Mixed Media Creativity Re~Treat,” Rainbow Rivers Center. Dunellon, FL

By Rose Marie Prins, mixed media artist + Dr. Linn Sennott [LSennott@tampabay.rr.com](mailto:LSennott@tampabay.rr.com)

June 1, 8, 15, 22 Monday evenings “HEART FORGIVENESS,” with Anthony Dennett

Upward Spiral Center, 17886 US 41, Lutz FL. [AnthonysUpwardSpiral@gmail.com](mailto:AnthonysUpwardSpiral@gmail.com)

**Sept 30 – Oct 2, ”CORE CREATIVITY” 6<sup>th</sup> Annual RE~TREAT**

Rainbow Rivers Center, Dr. Linn Sennott, 727-599-5819 [LSennott@tampabay.rr.com](mailto:LSennott@tampabay.rr.com)

**December 11, 5:30-9pm: Facilitator Graduation + Christmas Party**

{Annual Event 2<sup>nd</sup> Sunday of December}

**FACILITATOR TRAINING on individual basis as individual is ready.**