



You are invited to

An Evening of Empowerment!

“Creating 2010”

See it ♦ Feel it ♦ Express it

- ~ Discover the significance of 2010!
- ~ Explore the creative energy within you!
- ~ Awaken your 3-Creativity Centers into expression & manifestation!

Date: Saturday, January 23, 2010

**Time: appetizers 6:30pm
empowerment events 7:00pm—10:30pm**

Location: Toronto, contact Tara for address/details

“Empowerment Offering”: \$44 per person

Attire: dress comfortably

After being inspired during her travels, Tara Antler wanted to create and share the magic in Toronto and take last year’s “Goddess Gatherings” to a new level, for men and women! Co-creating with powerful singing inspiration, Pam Gerand and empowering dance facilitator, Brooke Yantzi, we have crafted an evening of inspiration, expression, socializing, fun....and EMPOWERMENT!

See attached for further information on the evening events and a little background on each of the facilitators.

Please share this invitation to all and everyone! Let’s create, grow and inspire together!!!

**Please RSVP as space is limited—to Tara Antler, 647. 991. 9366 or
tara@tarahealingsanctuary.com**

AN EVENING OF EMPOWERMENT!

The Empowerment Facilitators for the evening:

Tara Antler—See it!

Tara will open the evening with insight into 2010, what this year offers to us energetically and how we can maximize the full potential of this energy. We will then move through the opening of our 3rd Eye center of creativity. Taking a moment to set our intentions through visualization, meditation and the expansion of our intuition...to see these intentions beginning to manifest into reality!

Brooke Yantzi—Feel it!

Brooke will move us into our body and sacral chakra through expressive movement and dancing freedom. Tuning deeper into our own body and powerful creative force within. By allowing ourselves to feel the energy of creation in our body provides the physical sensation of reality here and now, not to mention the rocket fuel to soar our intentions and dreams into form!

Pam Gerrand—Express it!

Pam will guide us into a serene space of stillness and openness with heart-opening soul song and sounding. Deep listening allows us to open our ears to really hear, ultimately ourselves, our own dreams and aspirations, which in turn clears the passage of the throat chakra. When we clearly express our intentions we give the words power!



A Little Background:

Pam Gerrand

Pam is a singer/songwriter/sound healer with a passion for personal and planetary healing and transformation. Drawing from her background in meditation, music and ancient chant, Pam has created a unique performing/teaching style that has been described as a blend between shamanic and bardic. Pam's sounding and songs draw from the fiery inspiration of the Divine Feminine, inspiring others to ignite the spark of their own true voice, creativity and compassion. For more information, please visit: www.pamgerrand.com

Brooke Yantzi

Brooke masterfully assists people in reconnecting to their hearts through movement and dance. She has been on her own journey of dancing all over the world, healing, empowerment and our mind body connection for many years. This allows for her facilitation and assistance to appear in many forms; especially through movement, music and dance. For more information about Brooke please email: brookejillianyantzi@gmail.com.



Tara Antler

Tara loves to inspire, ignite and uplift others wherever she is, whatever she is doing or whomever she meets. She has a deep passion to unite humanity and open hearts! She facilitates intuitive healing and spiritual guidance in her private practice with clients, as well as promotes healing and conscious awareness through workshops, teaching, yoga and meditation. For more information, please visit: www.tarahealingsanctuary.com