



H.E.R. Weekend
HEALING · EMPOWERMENT · RELEASE

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 level?

Then it is time to make
H.E.R. Weekend
YOUR Weekend!



Talk to Us!

H.E.R. Weekend
P.O. Box 77
Woodland Hills, CA 91365
Phone: 818-518-3850
Fax: 888-589-2497
Email: community@herweekend.com
www.herweekend.com

H.E.R. Weekend Purpose
Weekends & Workshops 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.

We help women of all ages,
unlock their true self and
experience positive and healing
transformations.



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

- Your inner archetypes/patterns.
- Your inner strength & resilience.
- Your authentic feelings.
- Who you Are behind the masks that protect you.
- Some of the wounds from your past and 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.

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Who We Are

H.E.R. Weekend is a non for profit training, staffed by women and men with years of facilitation training.



The presence of the male staff gives the female participants the unique opportunity to work through their issues with the support of compassionate men.

Unlock Your True Self



Testimonials

"The gifts I received from my H.E.R. 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

"H.E.R. 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

"H.E.R. 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. - Staten Island, NY