



SOJOURN BOOK STORE
PRESENTS

HIGHLY SENSITIVE PERSON TALK



SATURDAY, NOVEMBER 12TH, 3-5PM



IN THE SPACE OF 90 MINUTES, THIS CLASS WILL COVER THE HIGHLY SENSITIVE PERSONS (HSP) CHARACTER TRAIT, WHAT IT IS, WHAT IT MEANS, AND HOW TO EMBRACE IT. INCLUDING SOME IDEAS, TOOLS, AND TECHNIQUES ON HOW TO WORK WITH OR STRENGTHEN YOUR HIDDEN TALENTS AND ABILITIES. WE'LL EVEN INCLUDE A VISUALIZATION/MEDITATION FOR YOU TO TAKE AND MAKE YOUR OWN. SUPPORT AND SUGGESTIONS WILL BE ENCOURAGED BY ALL PARTICIPANTS.

