

Benefits of Sanibel, Florida

When considering the benefits of taking the Foundations Program in Southwest Florida in a sub-tropical climate, on a barrier island known as one of the prime destination locations in the country, one contemplates the true benefits:

- **Intimacy of small classes** provide 1 on 1 attention from the instructor with 4 to 1 ratio of assistance
- **Prime destination.** Sanibel, Florida is recognized as one of **the prime destination locations in the world** for its connection to nature, its shelling, its beaches, the fact that 70% of the Island is in preservation and just being on the island provides a serenity unto itself. See the Chamber of Commerce website for more information on Sanibel: www.sanibelisland.com
- **Transformation promoted.** Being on the island supports a sense of serenity, peacefulness and an opportunity to commune with nature that enables heightened reflective perspectives that promote transformation, which is what working with subtle energies is all about.
- **Beaches and nature at doorstep.** Portions of the classes will be conducted on the beach or by the bayous, with opportunities to watch dolphin, manatees and place your feet in the sand. See the video on the top of the page to gain insight into the beauty and majesty of this island.



