



# EMPOWER AND TRANSFORM EMPOWERMENT GROUP

## *Manifest the Life You Want!*

Empower and Transform (E.A.T) Empowerment Group specifically works with Law Enforcement and Food Industry individuals to educate and empower individuals with the skills and confidence necessary to build confidence, manage stress and balance work and personal life. E.A.T. uses spiritual modalities by Deepak Chopra, Caroline Myss and Yogi BhaJan.

[sabater.diana@gmail.com](mailto:sabater.diana@gmail.com) . For more information, set up your free consultation today!

**Build Confidence**

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**Manage Stress  
through  
Meditation**

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**Learn Self-Healing  
through Self-  
Examination**

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**Balance Work/  
Personal Life**

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## **INDIVIDUAL SESSION**

\$50/ 1 hr

\$360/ Full Course 9 sessions  
(Valued at \$450)

## **GROUP SESSION**

\$10/ 1 hr ( Minimum of 8  
commitment participants).  
Biweekly sessions

Paypal payments accepted