



Dr. Shannon South's
Ignite! YOUR LIFE
Self- Mastery Program

An In-Depth, 7-week, Healing Intensive for Overcoming Anxiety, Panic and Depression to Unleash Your Joy, Peace and Power

*Can you imagine a life free from struggling with anxiety and panic?
(which inevitably feeds your depression)*

Do you want natural, lasting ways to make this happen?

Are you willing to step into your power and unleash your joy?

If so, imagine no more.
You truly can have this.
(I see it every week in my practice)

When: October 9th, 16th, 23rd, 30th
and November 6th, 13th and 20th
from 6:00-8:00pm

Where: Violet Owl Wellness Studio
(Downtown Asheville)

Cost: 497.00

Here's what you will get:

- Powerful, Mind-Body-Soul tools to set you free from anxiety, panic and depression
- 7 full weeks with high-power, deep-dive support, experiential, healing outcomes and hands-on, group therapy and coaching
- An award-winning therapist with over 20 years of personal and professional experience
- Direct ways to dive into your deeper consciousness and release those patterns that cause your anxiety and depression (to free up your JOY)
- Mindfulness tools and time to bring clarity, empowerment and relaxation into your system for good (Time to let go!)
- Scientifically proven, time-tested, methods that connect you to your Inner Counselor for guidance and lasting support

You will leave with a Mind-Body-Soul Self-Mastery System to unleash your joy and truly let these painful patterns go.

Email shannon@drshannonsouth.com or call 828-230-5477 to apply today.

Because of the powerful work in our time together, spaces are super limited so please act quickly if this feels like it is for you. (doubts, excuses and wavering are just the ego's way of stopping you from feeling better and being powerful)