

2016

Upcoming Events

JANUARY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MARCH

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MAY

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JULY

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SEPTEMBER

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NOVEMBER

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FEBRUARY

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APRIL

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JUNE

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AUGUST

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OCTOBER

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30	31					

DECEMBER

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25	26	27	28	29	30	31

Bioenergy Therapy*

Group Healing Clinic (6-8pm/day)

JANUARY 14-17, Temecula, CA
 FEBRUARY 25-29, Temecula, CA
 MARCH 24-27, Temecula, CA
 APRIL 7-10, Temecula, CA
 MAY 26-29, Lincoln, CA
 JUNE 16-19, Temecula, CA
 JULY 21-24, Big Bear, CA
 AUGUST 25-28, Mt. Shasta, CA
 SEPTEMBER 8-11, Temecula, CA
 OCTOBER 6-9, Temecula, CA
 DECEMBER 26-27, Tumon Bay, Guam
 DECEMBER 29, Oahu, Hawaii
Individual Sessions (by appointment)
 ... for private session, call 626-893-0340

Workshops & Retreats

Health & Wellness Retreat®

JANUARY 23, Temecula, CA
 APRIL 23, Big Bear, CA
 JUNE 11, Temecula, CA
 AUGUST 13, Temecula, CA
 AUGUST 27, Mt. Shasta, CA
 SEPTEMBER 24, Temecula, CA
 DECEMBER 30, Oahu, Hawaii

Health & Wellness Camp (for Kids)®

Temecula, CA:

Getting Back to Your True Self® NEW

AUGUST 3, 6, 10, 12, 17, or 20
 MARCH 12, Temecula, CA
 MAY 14, Temecula, CA
 JULY 16, Temecula, CA
 OCTOBER 15, Lake Arrow Head, CA
 NOVEMBER 12, Temecula, CA
Life Esteem: Finding Your Purpose®
 APRIL 30, Temecula, CA
 NOVEMBER 5, Temecula, CA

Holidays

Life Esteem Wellness Center

40335 Winchester Rd., #E509
 Temecula, CA 92591



1 (626) 893-0340
www.lifeesteem.com
www.cathychargualaf.com

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Career Transition®

MAY 21, Temecula, CA
 OCTOBER 22, Temecula, CA

Meditation & Reducing Stress

Temecula, CA:
 JAN 27, FEB 24, MAR 30, APR 27,
 MAY 25, JUN 29, JULY 27, AUG 31,
 SEP 28, OCT 26, or NOV 30

Call for private appointment, or
 to register for an event.
626-893-0340

Private sessions are by appointment only.
 We work with each client based on their
 individual needs. Sessions can be in person,
 during a group event, or at a distance.

*Bioenergy Therapy is safe, non-invasive,
 patient friendly, and free of
 pharmaceuticals. It's a simple way of
 balancing your body's energy system to
 promote rapid healing.