

CENTER FOR INNER PEACE

FOR IMMEDIATE RELEASE

CONTACT: Jackie Abramian
JA Associates
207-439-2669
jaassociates@comcast.net

CONTACT: Cynthia Grace Luma
Center for Inner Peace
207-439-6600
cynthia@cynthialuma.com



CENTER FOR INNER PEACE LAUNCHES WITH TWO WORKSHOP OFFERINGS

Workshops Designed to Help Participants Explore, Change, and Grow

Kittery, ME, – October 11, 2004 – *Center for Inner Peace*, a new counseling and wellness center based in Kittery, Maine, launches with two workshops designed to help individuals meet and explore the challenges facing them in today's world. Facilitated by the Center's founder, Cynthia Grace Luma, a psychotherapist, life coach and group facilitator, the workshops **Aging with AttitudeSM** and **Finding Inner Peace in Today's World** will begin on October 21 and October 27 respectively and continue for five weeks. Both workshops will be held at the ***Center for Inner Peace***, 435 Route One in Kittery, Maine. Early registration is recommended as workshop space is limited.

Aging with AttitudeSM – is designed for participants to come to terms with limiting beliefs about aging, face fears and disappointments about their lives, and develop an attitude that serves in aging gracefully. The workshop will offer an opportunity for participants to step back and laugh at themselves and the whole human predicament, and develop more flexibility, pizzazz and ... attitude. Participants will participate in meditation, visualization, group sharing, personal process time, journal writing, and some great options for living a healthy, feisty and wise life.

Starts Thursday, October 21, 7:00-9:00 PM and continues for five Thursdays

Cost: \$195 for five week series.

Finding Inner Peace in Today's World – is designed to give participants the tools to establish more peace in their everyday life, and to receive personal support to make positive life changes and practice useful tools for living a more peaceful life. The workshop's focus will be on the principles of peaceful living, using meditation, visualization, journal writing, and group sharing.

Starts Wednesday, October 27, 7:00-9:00 PM and continues for five Wednesdays – Cost: \$195 for five week series.

About Center for Inner Peace

Center for Inner Peace – creating more peace, joy, and meaning in life – offers a calm healing environment for the process of exploration, change and growth. The Center is founded by Cynthia Grace Luma who has over 30 years of broad experience as a psychotherapist, life coach and group facilitator. With a “toolbox of possibilities” Luma fully engages her clients in the journey to gain a bigger perspective of life and their own strengths while seeing the possibilities that they can grow into.

Based in Kittery, ME, **Center for Inner Peace** offers sessions on Psychotherapy, Illuminations Coaching, Special Programs, and Meditation to individuals, groups, and couples. Methods such as visualization, meditation, psycho-spiritual tools, acupressure, journal writing and expressive arts are individually tailored with an emphasis on making desired changes.

About Founder, Cynthia Grace Luma

Cynthia Grace Luma is licensed in Massachusetts and Maine as a Mental Health Counselor (LMHC), Marriage and Family Therapist (LMFT) and a Licensed Clinical Professional Counselor (LCPC). She is a Clinical Member of the American Association of Marriage and Family Therapy (AAMFT), a National Board Certified Clinical Hypnotherapist, (NBCCH), and a Certified High Touch Acupressure Practitioner.

Cynthia Grace Luma is a graduate of the Institute for Life Coach Training, a member of the International Coach Federation, (ICF), and is a Licensed Relationship Coach. She is trained in traditional psychology as well as alternative/holistic forms of healing and wellness. With her diverse training, Luma has the ability to address the key issues in people’s lives and to assist them to create a life with more peace, joy and fulfillment.

For further information and to register for the workshops, contact **Center for Inner Peace** at 207-439-6600 or cynthia@cynthialuma.com. For further information on the Center and its offerings visit www.CenterForInnerPeace.net. For a media kit on the center visit www.CenterForInnerPeace.net/press. To schedule an interview with Cynthia Grace Luma, contact Jackie Abramian, JA Associates, 207-439-2669 or jaassociates@comcast.net

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