

# THE INNER MATRIX GROUP

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## A FIVE-WEEK MEDITATION PRACTICE

**The Inner Matrix** details Joey Klein's proven approach to living a truly rich and meaningful life using his core teachings and the practices of Conscious Transformation™. Combining the ancient wisdom traditions of East and West with the latest science in genetics, psychology, and brain function, Joey shares how to transform your life by shifting deep mental, emotional and physical patterns that create stress and limit success.



Join others to explore the simple practices and core concepts of **The Inner Matrix** and create the life you choose. Learn to operate with an empowered mind and centered emotions. Discover the tools that provide support for new ways of being, allowing you to step into fulfilling experiences and a new vision for life.

### WEEKLY TOPICS:

- Week 1** Focusing the Mind
- Week 2** Shifting Emotions
- Week 3** Connecting with the Physical Body
- Week 4** Creating Your Vision for Life
- Week 5** Wrap Up and Connect

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### Tracy Leventhal Inner Matrix Group Facilitator



#### ABOUT THE FACILITATOR:

Tracy is the Holistic Health Coach at Oasis Family Medicine in Glendale, CA, as well as a busy wife and mom to two boys and a dog. She began the work of Conscious Transformation in 2017 and has never looked back. The ability to recognize old patterns and step into higher emotions is a gift she treasures every day. Tracy is continuing her journey with Conscious Transformation and the Internal Energy Practice and looks forward to sharing her experiences with her community so that others may find the peace, joy and love that is available to them.

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**DATES:** Feb 21<sup>st</sup>, 28<sup>th</sup>, Mar 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup>

**TIME:** 7:30pm to 8:30pm

**LOCATION:** Oasis Family Medicine, 3541 Ocean View Blvd., Glendale

**PRICE:** FREE

**COURSE MATERIALS:** The Inner Matrix: A Guide to Transforming Your Life and Awakening Your Spirit by Joey Klein

To register or learn more about this program, please contact Tracy Leventhal at [tracy@dryoshi.com](mailto:tracy@dryoshi.com)