

# The Game of Manifestation

## One Day Transformation Program

**If you are committed to catalyzing positive change in your personal and professional life, this training will give you the skills to awaken inner wisdom, unblock limiting beliefs and patterns, and manifest your greatest vision and goals.**

# NYC

Sunday Oct 9th 10:00 AM - 5:30 PM  
119 W. 23rd Street, Suite 710

# NJ

Saturday November 19th,  
New Jersey Arts Incubator,  
10:00 AM - 5:30 PM,  
495 Prospect Avenue,  
Essex Green on the Courtyard

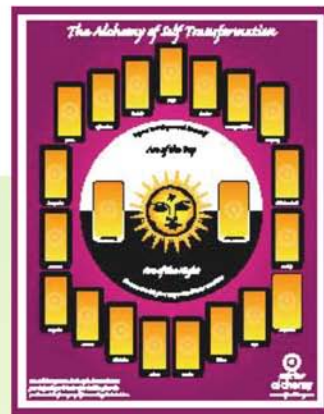
Patented program developed and lead by Sofia Costas Quintas, an accomplished management consultant, life and development coach, and spiritual journeyman. Sofia will lead you on a custom journey to discover your path to self-wisdom and strategic transformation.

Call 862-400-7452, or email [sofiacostaquintas@askforalchemy.com](mailto:sofiacostaquintas@askforalchemy.com) to register.

# [www.AskForAlchemy.com](http://www.AskForAlchemy.com)



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Introductory Fee: \$345