

From Anxiety to Sacred Alignment

Are you ready to move beyond anxiety and create balance in your life?

Join Tammy Sausa, LCSW, therapist and author for a transformational 4-week online course designed to guide you through a practical yet meaningful healing journey.

By blending cognitive-behavioral strategies with gentle spiritual insights, you'll learn how to:

- Release fear and quiet the ego.
- Build inner trust and strengthen your faith and intuition.
- Reprogram anxious thoughts and calm the nervous system.
- Embody new beliefs and create daily practices that support healing.



Scan to get your ticket!



Session Details:

Mondays in November
7–8:30 PM EST
Live on Zoom
Investment: \$111
(includes all live sessions
& replays)