

HOW MUSICAL THEATER  
CAN AWAKEN  
*Higher Consciousness in You*

# HOW MUSICAL THEATER CAN AWAKEN

*Higher Consciousness in You*

LED BY LIFE COACH CARY BAYER.

AUTHOR, *THE POWER OF POSITIVE SINGING: HIGHER CONSCIOUSNESS IN MUSICAL THEATER* AND *THE YOGA OF ENTERTAINMENT: HIGHER CONSCIOUSNESS IN POP CULTURE*

## *You'll Learn*

**HOW BROADWAY AND HOLLYWOOD MUSICALS CAN EMPOWER YOU**

**HOW THESE SONGS CAN RAISE YOUR SELF-ESTEEM**

**HOW TO TRANSFORM NEGATIVE THINKING INTO POSITIVE ATTITUDES**

**HOW THESE MUSICALS CAN AWAKEN YOUR ENTHUSIASM & PASSION FOR LIFE**

**HOW THEY CAN GIVE YOU A GLIMPSE INTO ENLIGHTENMENT**

Sunday September 11  
Noon - 2:30 PM  
Unity of Albany, 21 King Ave  
Investment: \$25, or \$20, if  
paid in full by September 4.  
For more info, go to  
[unityalbany.org](http://unityalbany.org),  
or call (518) 453-3603

Life Coach and Higher Self Healing Meditation Founder Cary Bayer ([www.carybayer.com](http://www.carybayer.com)) is the author of *The Yoga of Entertainment: Higher Consciousness in Pop Culture*; "Star Wars" Yoga, the Force, and You; and *The Power of Positive Singing: Higher Consciousness in Musical Theater*. He is also a former theater critic for the *Woodstock Times*, a stand-up comedian, and a columnist for the *National Lampoon*. A contributor to the national parodies *Off the Wall Street Journal* and *Like a Rolling Stone*, Cary is also the author of the humor books *Spiritual Lampoons* and *Lampoons for a New Millennium*.

As a coach, Cary has worked with Oscar-winners Alan Arkin (*Little Miss Sunshine*) and Pietro Scalia (*JFK* and *Black Hawk Down*) and Emmy-winners David Steinberg (*Academy Awards* shows) and Judy Henderson (*Homeland*). His unique Breakthrough Coaching creates breakthroughs in one's purpose, relationships, finances, career, and spiritual life. To book a session, call (845) 664-1883.