

A Healing Workshop to Ease Life's Challenges

Experiencing a change in your
RELATIONSHIP, CAREER, FAMILY, HEALTH?

Are you looking for your life's purpose and want Inner Peace?

THIS WORKSHOP IS FOR YOU!

We will incorporate:

Guided Imagery

Higher Wisdom

Relaxation

Meditation

Inner Child

Forgiveness

**Sunday, October 23, 2011
1:00 to 4:30**

Register:

yoganowkeego.com or 248.683.0086

\$50 per person, \$60 after October 14
(senior discount available)

Yoga Now

2141 Cass Lake Road, Keego Harbor 48320

Light snacks provided. Dress comfortably.
You may wish to bring your yoga mat or meditation cushion.



Judy Lipson, M.A.
Licensed Professional Counselor
www.spiralwisdom.net

This workshop is not intended to replace medical care.