

YOUR LIFE, YOUR MASTERPIECE

A Workshop for Women

With Anne Vincent & Tracy Ostermeier
Personal Life Coaches

Saturday May 5th, 2007 9am – 5pm

Trans Alta Tri-Leisure Center
221 Campsite Road, Spruce Grove, Alberta

When did you last take time to dream about all that you want and would like in your life? Given yourself the space to just dream?

If you are still trying to remember when, then this workshop is for you! In this full-day workshop, you will have the opportunity to tap into your creative spirit, unleash your intuition and let your imagination soar.

In the morning session, you will discover the power of creating your own life map...an amazing way to uncover what you want for yourself and your life. Anne will guide you through this exciting process of exploration and help you awaken your inner awareness.

In the afternoon session, you will experience the fun and freedom of moving your body. This form of movement is a way to let loose, enjoy being a woman and discover your inner beauty. Tracy will lead you in opening your body, heart and soul to the joy of sensual self-expression.

What will you create? The possibilities are endless!

Join Anne and Tracy for this journey of self-discovery.

PRE-REGISTRATION REQUIRED

Cost: (Includes lunch, snacks & supplies): Early Bird by April 1st - \$100
After April 1st - \$120

Register by phone: (780)960-3769 or website: www.YouRFabulous.com