



Pleasures, Perils and Possibilities: Pre-Menopause and Beyond

Do you ever find yourself pulling the covers back over your head in the morning?

When the stresses in life increase, midlife women are always there to help others through it...but WHAT ABOUT US?? As a midlife woman, you deserve support and comfort too. If your body has been asking for attention, then this workshop is for you. This is a two-part, "be with your body" to celebrate this time in your life and the gifts and wisdom of the body workshop. **Part I** will take place on Saturday, April 18, 10:00 to 1:00, and **Part II** will be Saturday, May 2, 10:00 a.m. to 1:00 p.m. Come to one or both!

TUNE INTO THE DEEP WISDOM OF THE BODY: APRIL 18

- What images of being forty-five or older do you want to discard?
- When the body "speaks up," do you know how to tune into it?
- Is anxiety working for you or against you?
- Does making changes look like a mountain you are not willing to climb?

Through this workshop you will:

- Claim the woman you want to be during this important and sometimes challenging time of your life and find the support to help you get there.
- Learn three types of signals to tune into the body and avoid breakdown.
- Find five simple and easy ways to sooth your body and soul.
- Experience the comfort of like-spirited women for discovery and support

DISCOVER THE HEALTH ENHANCING RESULTS OF BEING A "PLEASUREESTA": MAY 2

- Do you delay pleasure until you are too tired to think about it?
- Do strong emotions get the best of you just when you want to make your point?
- Does your pleasure depend on the gifts and favors of others?

Through the second workshop you will:

- Learn how the body is designed to provide amazing pleasures at this time in your life.
- Discover how to use the motion in eMOTION to your advantage.
- Create a pleasure inventory to access pleasure when you need it.
- Find out what interrupts your path to JOY so that you receive more of it.

Workshop leaders are Sandra Jones and Andrea Scott

SANDRA helps midlife women strengthen their CORE for Vitality JOY and Soul Satisfaction. As a transformational coach she brings her wisdom, zest for life and the fruits of 20 years of study of the power of the mind/body/spirit connection.

As a compassionate healer and leader in health, wellness and self-care ANDREA assists her clients in reclaiming and rekindling happiness in part through employing the Emotional Freedom Technique to help release blocked emotions.

When:

Part 1: Saturday, April 18, 10:00 a.m. – 1:00 p.m.

Part 2: Saturday, May 2, 10:00 a.m. – 1:00 p.m.

Where: *WomanSpirit* Center – Bellevue, WA 98004

Fee: \$40.00 per session, includes all workshop activities, materials, and healthy snacks

Three Ways to Register NOW!

1. To register online go to: <http://www.womanspiritcenter.com/> then click on "April Events" and scroll down to "Pleasures, Perils, ..."
2. Call 425-641-1527, *WomenSpirit* Center, with your credit card information, or
3. Use the attached Registration Form to send in with your check.

Questions? Contact Sandra at 425-646-8170 or sandra@coachingadventures.com

*Workshop Registration:
Pleasures, Perils and Possibilities:
Pre-Menopause and Beyond*

Registration Form

For April 18 Workshop, check here

For May 2, Workshop, check here

Fee per workshop \$40

1. Print this form and send it with your check or credit card information to: *WomanSpirit Center LLC*, 1400 112th Ave. SE, Suite 100, Bellevue, WA 98004 - **OR** -
2. Call 425-641-1527 with your credit card information.

NAME AND ADDRESS:

Name: _____ Phone: _____
Address: _____
City: _____ Zip: _____
E-Mail: _____

We accept Visa or Master Card. If you wish to pay by credit card, please fill out the following:

Name on card: _____ Zip: _____
Credit Card Number: _____ Expiration Date: ____/____
Last 3 digits on signature line: _____ Amount: \$_____