

Relax, Reconnect and Recapture

A workshop designed to restore your Natural Rhythm August 2



As a woman who owns her own small business or has a leadership position, you put in long days and wear many hats. You feel pulled in multiple directions, with too few hours in each day. How do you possibly meet all those demands?!! How do you have some sense of balance when you LIFE seems to be consistently put on the back burner?

It's time to give yourself the gift of recapturing your natural rhythm.

Remember, you are the leader. You are the one in charge. You do care about the quality of your life.

You deserve to have a life that doesn't require losing sleep to fit everything into your day. You deserve to recapture a sense of greater ease and resilience.

Getting away for a mini, one-day restoration is a luxury you can afford now!

It's time to take your whole self into your life and create greater meaning and flexibility for yourself. You know what you want! Go for it!

RELAX, RECONNECT and **RECAPTURE your natural rhythm**. Join us for this experiential workshop for women who want to:

- **RELAX** and step into a space of sacred refreshment.
- **RENEW** your dreams and put yourself back into the center of the picture!
- **RECONNECT** with your essential self, that solid core that is always there.
- **RECONNECT** with your body to tap into its wisdom.

- **RECONNECT** with Spirit, lean in for the guidance that brings you a sense of peace, well-being and JOY each and every day
- Use all of your senses to **RECAPTURE** the well-being and delight that your heart longs for and your body demands.

How the Day will Flow

RENEW AND RECONNECT with yourself and Spirit with our indulgent SPA experience – be pampered and learn to pamper yourself daily.

Morning:

In our journey of restoration you will get to know and respect your whole self. You will begin to explore your natural energy, flow and rhythm as you:

- Reconnect with your essential self
- Recapture the vision for your life and business that was once very alive for you.
- Rediscover your sacred pace and come to terms with what gets you off track.

After a nourishing lunch – you will

- Find multiple ways to get back into your natural rhythm in harmony with Spirit using reflective exercises, music, simple movement, silence, journaling, learning what works for you.
- Relax and enjoy your SPA experience – be pampered with delights to all the senses with :
 - massage – **a private 30 minute massage with a professional**
 - spa treatment for your feet – **a 50 minute treatment** that includes an herbal foot soak and sea mineral exfoliation, foot massage, nail grooming and polish.
 - Aromatherapy – throughout the day you will experience scents that will refresh and restore you.

What you will take away

- A fresh experience of who you are at the core
- Renewed vision of a fulfilling and vibrant personal and professional life
- Awareness of the natural rhythm that honors your well-being
- Options to recapture your natural rhythm and flow when life gets chaotic
- Tools for tapping into the deep wisdom that naturally nurtures and supports you, and
- Beautiful reminders of how to refresh your body and SOUL

When: Saturday, August 2nd **9:00 a.m. to 4:30 p.m.**

Where: Near downtown Bellevue

Cost: \$237 per person – **Limit of 6 people.** So reserve your spot & [Register Now!](#)

Registration options on last page.

Not sure? Consider just how much return you will get!

- A Well-Being process that provides tools to **Valued at \$157**
 - Renew your body and spirit daily
 - A strengthened connection with Spirit
 - A workbook and visuals you can use again and again for renewal
 - A copy of the book “Seven Whispers” by Northwest author, Christina Baldwin to uplift, inspire and educate you
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- Body bliss **Valued at over \$140**
 - Massage
 - Foot spa treatment
 - Aroma therapy
 - Plus, deliciously nourishing food & drink

- Fun with women of great heart and spirit **who choose to experience life fully** Priceless

Total Value **Over \$297**

Your Price **\$237**

Your Well-Being Diva... Sandra is a certified Leadership and Life Coach who partners with women leaders pursuing “soul satisfying” roles in the second half of their lives. She has been an entrepreneur since 1991, supporting her clients as a coach, consultant and facilitator. With her guidance women experience a greater appreciation for themselves and their journeys. “Each of us has multiple ways of learning and my clients enjoy using many of them to tap into the wisdom of the mind, body and spirit.”

Our Guarantee



To Register Online: [Click Here](#)

To Register via Regular Mail: please print out the form on the following page.

*Relax, Reconnect, Recapture...
Your Natural Rhythm*

Workshop - August 2nd 2008

Registration

1. Register online at: <http://www.coachingadventures.com/class-reconnect.html>
2. OR – Print this form and send it with your check by July 29th to:
Sandra Jones, Inc. 552 100th Ave. SE, #9 – Bellevue, WA 98004

NAME & ADDRESS

Name: _____

Phone(s): _____

Address: _____

City: _____ Zip: _____

E-Mail: _____

Check No: _____