

Mind/Body Power for Women!

Sunday, Mar 4, 2012 @ 1pm

Does your body hold the secrets to your happiness?

Mind/body understanding for greater vitality.

Mind and body sharing wisdom.

Healthy mind/body connection.

Now is the time to find your dreams.
Take part in these engaging sessions.
Only \$40. Discounts apply for multiples.

Location:
Nadine Lalonde's house
107 Peel Street
Penetanguishene

ZEST Your Life!
A series created to support
your desire for a full and happy life.

Introduction to Power - Dec 4, 2011

Emotional Power - Feb 5, 2012

Mind/Body Power - Mar 4, 2012

... healthy mind/body connection

Spiritual Power - Apr 1, 2012

... loving relationships with yourself and others

Living Your Power - Apr 29, 2012

... Each morning: look forward to the day

... Each night: be genuinely happy

... Know what your dreams are...