

Spiritual Power for Women!

Sunday, Apr 1, 2012 @ 1pm

Loving relationships with yourself and others.

Align with what you value and hold sacred in your life.

Find that place inside of you where Power resides.

Enjoy your quiet mind and open heart.

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...