

Creating Your Life

Join Jennifer Cohen and Gina LaRoche for a

RARE AND PRECIOUS OPPORTUNITY

*to open your heart, nourish yourself
and create the year from love, joy and purpose.*

Our goals for you:

- That you remember that you are whole and complete and have enough inside of you already to create what you truly want
- That you see yourself as the powerful creator of your life that you really are.
- That you are open to the wealth of resources, both inner and outer, that are available to support you at all times
- That you experience belonging to your life and belonging in community
- That you are reminded that time is precious and finite so, let us not waste a moment
- That you touch into play and lightness
- That you re-connect to the love that is everywhere, that made this world and that guides your life
- That you feel the ok-ness of life itself, even through the challenges.

In this course we will focus on nourishing ourselves deeply. By mapping and investigating our minds, and by examining the seven principles of living sustainably and abundantly you will tap into a hidden treasure trove of resources to live your life on purpose.

Tools we will use:

Through mettā meditation, exercises in mindfulness, and the practice of perceiving our breath and body more deeply you will dive into the sacred of your life.

A daily inventory will allow you to get present to where you are living from your purpose and where you are not.

A practice of declaration that will allow you to design life on purpose and from a place of knowing you are already enough.

Body oriented movement from a discipline called

Embodied Leadership that will provide a mirror and a guide to moving your dreams into action.

You will leave with intentions for the year ahead, a commitment for your life and distinctions and practices that you will be able to use as you integrate back into your daily life.

Where: The Shivananda Yoga Ashram Bahamas on Paradise Island

When: January 22-25, 2016

Investment: \$336.00 plus minimum of four nights stay

Registration opens in July at www.sivanandabahamas.org

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