

Happy Me! 2018

It's MY life . . .

Saturday January 6, 2018 9am to 2pm

Inspire your **MIND** with interactive **workshops**.

Nourish your **BODY** with an **organic/natural lunch & snacks**.

Awaken your **HEART** in a Soul-Sister **community**.

Discover new aspects of your **SOUL**.

Intimate setting, limited to 12 ladies.

Registration by Dec 20th \$90.

Register today with Janet at 414-254-7889.

Retreat for the day to *The Wellness Connection*

This tranquil setting is a peaceful and grounded place of sunlight and open space. Enjoy the comfortable, beautiful building and walk the winding, wooded river pathways. Reflect, relax and play in nature.

400 North Main St. Dousman, WI 53118

Meet your **Happy Me!** Guides



Janet Golownia of PurBalance Yoga Therapy LLC is a certified yoga therapist and health coach. Her life experience and training make her uniquely qualified to help people unlock their body's ability to heal. Using 3 powerful and proven tools – Biomechanics, Yoga Therapy and Functional Nutrition – Janet helps her clients reconnect to their body and grow stronger, more flexible, feel centered, focused and calm with all day energy.

Find me on Facebook at PurBalance Yoga Therapy & Nutrition. 414-254-7889

Happy Me! Offerings:

Yoga Therapy – a group session to help you connect to your body – “It all begins with the feet”. (No yoga experience necessary.)

Tastes of Ayurveda – Learn how to incorporate the 6 tastes of Ayurveda into a meal as we prepare our lunch. (In Sanskrit, Ayurveda means “life science”. It employs an ancient form of alternative food-as-medicine wisdom from India which also emphasizes: herbal remedies, exercise, meditation and yogic breathing.)



Anne Wondra of WonderSpirit LLC is a feminine-spiritual soul coach, writer, arts enthusiast, humane society volunteer, professional muse and traveler. She holds a degree in religious studies and education, certifications in human resource management, wellness coaching, and is a former parish youth minister, paralegal, corporate trainer and administrator.

Visit www.WonderSpirit.com/faqs for a free love-your-life starting place. 262-544-4310

Happy Me! Offerings:

Self-Loved and Soul Happy. *Be yourself. Love yourself. Center. Align your energy with who you really are.* All are *magic keys* to having, being, and doing anything we desire, with ease and joy - and we have no idea how to do this, because our days throw so much 'stuff' at us.

Receive an uplifting, empowering, re-centering tool chest of self-loving energy medicine for inner peace, self-worth, self-esteem, and soul happiness; own-your-dreams beautiful-boundaries and self-care resources.

Sacred-Self Anointing Ceremony. A scented, sacred-self anointing blessing ceremony you may re-administer as needed.



Laura Dodge of SoulFlower Wisdom LLC is a Psychic Soul Coach, Certified Advanced Energy Healer & Blooming Artist. Laura's specialties include Inner Child Reconnection, using the Awareness Release Technique, a guided-imagery journey inside your body to find and release energy blocks to realign you with your Soul's urge and balance your chakras. It is a process of identifying outmoded patterns of thought, behaviors, types of people and situations via emotional charges. Laura also assists with Sacred Contracts, Light/Shadow work, Dream processing, Come-UnityCOLLAGE® and more. Visit www.SoulFlowerWisdom.com

Happy Me! Offerings:

My Favorites – Enjoy a little opener by sharing some of your favorite things in life. This activity is sure to bring out your Inner Child!

Color Me Happy – Explore what elicits happiness in you and where it resides in your body. Create a picture of your Happiness. (No artistic skills required.) Observe your whole emotional picture. Find out what else is tied to your happiness. It may surprise you! Start a plan for practicing realistic “HappiMess” living. 😊