



3 Self-Commitments:

1. Engage in *love-your-life* practices;
2. Read *something that makes you feel good* daily; and
3. Have a creative outlet.

– Anne Wondra

SUMMER SPIRIT and RETREAT classes

By Anne Wondra

1. **Life Changes and Re-Finding Happiness.** Job endings, relationship releases, defining moments, bring unknowns and fears, and also opportunities. This class highlights opportunity moving forward, offering positive proactive ways to soothe your spirit, re-find your happiness and yourself. (\$60 a class; \$150 privately)
2. **Relationship Rules.** They started with grandmother's advice to a young woman I was then; I added a few of my own. *Single Survival Skills* I once called them. Looking back, they made a HUGE difference, made relationships easier and more fun, and applied to marriage as well. I'll share a few favorite ones; and more importantly, encourage you to create *your* relationship rules for *your* happiness. (Based on Kindle eBook, *Relationship Rules of a Happy Woman*, available on Amazon; Participants may request a complimentary (PDF) of the eBook *Relationship Rules of a Happy Woman*.) (\$60 per class; \$150 privately)
3. **Teaching Cards: Archetypes, Angel cards, Inspired Art, and Card Readings.** An entertaining inspiring offering to take fear factors out and replace them with bridges of understanding. Uplifting resources of grace, inspiration, and comfort will be shared. (Class with resources and card readings - \$60 per class; \$150 privately)



4. **Spiritual Satisfying, Simplifying, and Personal Path-Making.** A conversation about religions and spirituality, beliefs and inspiration, divine relationships, entities, energy, and curious quests our soul is leading us to explore in modern times. Providing positive bridges between traditional and contemporary spiritual concepts, resources, feminine spirit differences, and the Spiritual Seekers Toolkit for lifetime clarity and confidence in personal path-making. *The soul's job is to wake itself up, break out of shells, grow wings, and fly free.* We grow, evolve, and change by divine design. (2-hour workshop; \$90 per person, \$180 privately)
5. **Writing as a Creative Spiritual Well-Being and Business Practice.** Introducing the resources of Julia Cameron, Elizabeth Gilbert, Abraham-Hicks, and blogging to play with writing as a multi-purpose creative outlet and life-scripting tool. (\$60 a class; \$150 privately)

Presenter BIO:

Anne Wondra – WonderSpirit LLC is a spiritual coach muse writer goddess and teacher. She



has experience in religious studies, education, human resource management, wellness coaching, relationships, writing, and youth ministry. She is an arts enthusiast, loves beaches and books, cats, coffee, and Michael, and volunteers at a local humane society. Her writing blog is AnneWondra.com; her Artist Statement and story are at

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