

Be Blessed By Your Life



With Master Coach, Cynthia H. Stringer

Saturday, February 11, 10 am–Noon

You are a blessing and your life's activities, daily expression and goals are an extension of that.

In this morning workshop we'll explore how to synergize and align who you are with what you do.

Learn to be present in the moment to reflect, journal and allow the Spirit to bring you inner clarity on living fully and abundantly. Let go of the need to "do".

Facilitated by Cynthia H. Stringer, Master Coach and Spiritual Director. Register online at www.journeycenter.org or call 707-578-2121. Cost: \$20.

Journey Center, 1601 Fourth Street Santa Rosa, 707-578-2121, www.journeycenter.org