



## AN INVITATION TO TRANSFORM YOUR APPROACH TO LIFE BEGIN LIVING A MINDFUL LIFE TODAY

Are you ready to begin living a mindful life and investigate who you really are? Are you willing to let go of the patterns that no longer serve you and gain the clarity that can bring peace and simplicity to your life? We all have the ability to transform our approach to life, Keeping Life Simple is a program that can support you to live in awareness and be mindful of what is being thought, spoken and felt in any given moment. The program provides the opportunity and guidance for you to begin or deepen your journey of self inquiry and through meditation and dialogue discover what is calling for your attention and make the changes you inherently know will bring peace and fulfilment to your life.

### Program Details

Every Tuesday throughout the month of February

Beginning Feb 1st, 2011

7:30 p.m. – 9:00 p.m.

Alegria

12151 First Avenue, Steveston

Cost: \$60 per person

**Register Now! 604-351-9205**

Email: [info@KeepingLifeSimple.org](mailto:info@KeepingLifeSimple.org)

#### **Facilitator:**

Lorraine Wilson has worked in the field of communications for the past 30 years. She has the ability to help others gently peel away the layers to get to the core of any issue. She writes a regular column for the Richmond News and is a contributor to VividLife.me. Lorraine offers hope, inspiration and an invitation for others to discover how to “Keep Life Simple” through self inquiry. For more information visit [www.KeepingLifeSimple.org](http://www.KeepingLifeSimple.org)

Lorraine is available as a group facilitator, guest speaker and for individual mentoring sessions. She provides a safe, loving and compassionate place for you to renew your spirit and walk towards the journey your heart desires.