



An invitation to transform your approach to life through self inquiry ~

Do you find yourself going through life dealing with the same challenges day in and day out? Do you feel life is stressful? Are you willing to look at your life and make changes that can bring peace and simplicity to your life?

"Keeping Life Simple" is a 4 week program designed to support you in living a conscious life and honouring who you are. The program provides the support for you to look at what is calling for your attention and make the changes you inherently know will bring peace and fulfillment into your life.

Program details:

Begins Wednesday, March 10th

7:00pm – 8:30 pm

Ikeela Yoga Studio

(rear of Alegria Cafe)

12151 First Avenue, Steveston

Cost: \$150 per person

Register Now! 604-351-9205

Email: 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 blog and is a regular contributor at Vivid Life. 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

**Lorraine is available for one on one mentoring sessions providing a safe, loving and compassionate place for you to renew your spirit and walk towards the journey your heart desires.*