

Going For It!

Living Life with Less Anxiety and Stress

2013 Summer Class Series

Tuesdays, 10:00am-12:00pm

Cost: \$240

- June 11 – Anxiety and Stress Management
- June 18 – Prioritization and Discernment
- June 25 – Breaking through and Releasing Fear
- one week break -
- July 9 – Is Inner Peace possible?
- July 16 – Experiencing True Joy
- July 23 – Living a Life with Meaning and Purpose

We all want to live happy and fulfilled lives. But this world can be a tough place with the compiled stress and demands made upon us. An important question that many of us are asking ourselves is how we can lessen the stress and maximize joy, peace, and awareness.

This class series addresses this question. It is for women and men who are ready and open to exploring how to make these shifts in their lives. Together as a group we will examine what holds us back from living a balanced life, and how we can permanently make needed changes for the better.



**Space is limited
Reserve yours today!**

707.477.8231

As a trained Spiritual Mentor and Life Coach, it is my passion to work with others who are seeking a more conscious and awakened life. My gentle approach guides others toward a life filled with clarity, joy, and inner peace.

Patricia J. London – Certified Life Coach



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Helping Others Navigate Self-Discovery