



Vision Board Workshop

Reconnect with your Inner Self & Goals!



In conjunction with Ganges Yoga Studio
Fundraising workshop with Emma-Louise Elsey
All proceeds go to Copper Kettle & Glasswaters Foundation

If we get what we focus on - we need to make sure we're focusing on the right things!

When: Saturday Jan 29th 2.00 - 4.00pm



Where: Ganges Yoga Studio, 154 Kings Lane

Admin: Suggested donation **\$15.00**

Number of attendees limited so register early to guarantee your spot!

Registration: <http://www.gangesyogastudio.com/events/index.php> or call Ganges Yoga Studio at 250-537-2444

Bring: Scissors, Coloured Pens, Glue. Also any Pictures you already have and inspirational magazines to cut out more pictures from (eg. spiritual & inspirational magazines, National Geographic etc).



Some supplies (glue, scissors, pens and magazines) will be provided, but to maximize the money raised, please bring your own!

Get a Headstart! START SAVING PICTURES (words, phrases, images) THAT GRAB OR INSPIRE YOU - just tear them out and bring them with you!



How to know if this class is for you?

Do you keep saying you'd like to create a Vision Board and just never get around to it?

Well, here's your chance! Treat yourself to this 2 hour guided workshop and create your own Vision Board to take home and use to inspire you! Come and get:

- Some dedicated time to clarify who you are, what you want or where you're going?
- Some personal inspiration to get you through the murky days of winter?
- To tap into your inner wisdom and create some focus for yourself?

Any questions:

Call: Emma-Louise at 250-537-2250 or
Email: emma@simplicitylifecoaching.com



This fun and inspirational workshop is led by yogini and local lifecoach Emma-Louise Elsey. Emma-Louise provides simple, affordable life coaching to inspire and help people redesign their lives.

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