



Own it **Feel it** Live it®  
Diane Danvers Simmons

Spirituality **in Stilettos**®



## **Spirituality in Stilettos** Three session workshop Balancing Mind, Body & Spirit in the Modern World with Wit & Wisdom

There are no coincidences... it's just up to us, to be present, take notice & act.

Diane Danvers Simmons

In this fast-paced media driven world, we hunger for truth, balance, clarity, and authentic growth, with the desire for more meaningful, emotional, social and physical connection. But how do we get there?

Diane will share three simple steps "Own it **Feel it** Live it," to help reignite your spirit and regain your life balance, through a unique three part **Spirituality in Stilettos** experience, connecting you to your greatest source of knowledge **YOU**.

Join Diane in a safe haven where you can pause and rediscover the value and joy of investing in yourself. In this way, women will be reminded of the importance of paying attention to the details of our lives through the power of self reflection and the core reality that **health and happiness cannot be separated from what we think, what we feel, and what we do at any phase of life**. SIS offers a multidimensional approach, blending the best of East and West to help women nourish and enrich their everyday lives while remaining grounded in their very own truth and style.

The series flows into three parts, all of which bring the essence of, Own it, **Feel It**, Live It to life through unique teachings, fun, insightful interactive exercises, journaling, yoga, meditation, sensory awareness, and discussion ... along with some surprises!

# Workshops June 4th, 5th & 8th 2016

## Spirituality in Stilettos

Own your power, Feel your Spirit, Live your life with Wit & Wisdom

By Giving women an opportunity to explore, connect, and rediscover the value and joy of investing in themselves, Diane's Spirituality in Stilettos (SIS) workshops, highlight the power of mind, body, spirit unity to promote total well-being for a happier, healthier life. Diane is passionate about creating a movement of positive change and growth for all women,

Three 2 hour session forums **Spirituality in Stilettos** experience where women can switch off from the daily chatter and immerse themselves in the serenity and beauty of Carmel Valley.

### Own it – Sunset Center, Carmel, CA: June 4th 1.30pm - 4pm

**Own Your Power:** Take the first step to self-awareness. Take ownership of your life, your choices - Self reflection/awareness exercises, journaling, interactive exercises with group and discussion. Held at Carmel's premier performing arts center for artistic and educational programming in the heart of Carmel'

### Feel it – OM Oasis Yoga studio, Carmel,CA: June 5th 1.00- 3PM

**Feel your Spirit:** Nourish, Reconnect, balance and free your mind, body and spirit to flow in unity. Express yourself through the movement of Yoga, simple meditation, journaling in Om Oasis's beautiful studio offering an energizing, inspiring space saturated with natural light

### Live it – A Carmel Wine Tasting room, June 8th 5.30pm to 7.30pm

**Live your life with Wit & Wisdom:** Join us at a local wine tasting room, where you'll have the opportunity to celebrate "Living it" with Friends old and new. Enjoy delectable wine-tasting flights and sumptuous appetizers during the concluding LIVE IT session. This reception will feature lots of camaraderie and some interactive exercises intended help you embrace the lessons learned through Own it and Feel it so you can live it the way you choose and Strut down Life's runway in your own **Spirituality in Stilettos**.

## More details

This is an event you won't want to miss, Ladies -- An affirming and enlightening opportunity to explore the strengths of a multi-dimensional approach to life, and demonstrate what a powerful difference can be made when we come together and support each other in a common goal. Maximum of 20 spots available.

To make your reservation & ensure your spot at this inspirational treat, please e-mail [Diane@ownitfeelitliveit.com](mailto:Diane@ownitfeelitliveit.com) or by May 1st 2016

Cost for this unique experience is, \$190 per person

For more information about Diane Danvers Simmons and her work with Own It, Feel It, Live It, visit her official website at [www.ownitfeelitliveit.com](http://www.ownitfeelitliveit.com).



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