

EXPLORE

EXPERIENCE

EMBRACE

EMPOWER

MONTEREY PENINSULA

ONE-DAY TREAT

October 1, 2013

"The Greatest Meeting of Land and Water in the World."

Francis McComas, the late landscape painter's tribute to the Monterey Peninsula

Monterey Peninsula...Where beauty caress' us with the early morning mist, as the rise and fall of the ocean revives then soothes us. There's something special about the glow of the California light as it kisses the powder white sands of our coastline. It is a place where artists flock to capture the marriage of land and sea. Just as artists come to explore and nurture their unique talent and create, so will we, gathering together to reconnect to our own personal vision of who and what we are yet to be. As we balance and reconnect our mind, body and spirit, we will free our souls to spread our wings, sing, dance, and breathe in the fresh moist air of land and sea and just be...just be in the moment.

*The Fall is the perfect time to walk across the golden sands and to be reminded of the warmth of the setting sun. A time to shed the outer skin of summer and go deep within to lay with the truth and reflect upon who we are. A time of harvest in the natural order of nature's rhythms... A time to plant the seeds of our full potential. The perfect introduction to **Own it, Feel it**, and to rebalance and reignite all of your senses to feel wholeness and happiness so you can **Live it** the way you choose Now.*

Take ownership of your Life, your choices, and the World in which you Live.

Create and embrace the Life you choose with Wit & Wisdom.

Through fun and insightful activities, inside and outside in Mother Nature, journaling, movement, meditation, sensory awareness and discussion, you'll learn how to:

- Reconnect, balance and free your mind, body, and spirit
- Block out the noise, the ego, the fear
- Eliminate the toxins in your life and recognize the importance of unity & positive relationships
- Explore the depths of who you truly are and connect to your greatest source of knowledge –You.
- Listen to the beliefs that you hold true, and embrace the gifts that are uniquely yours.
- Find balance, flexibility and mindfulness through meditation, yoga, and dance
- Feel, Touch and Taste the deliciousness of life
- Relax, Restore, and Rejuvenate and Feel revitalized to be present in your life
- Live your life by your own authentic definition, not someone else's interpretation
- Honor who you are and Have it all (at the right time and place in your life)

Take the first step to reconnect to your true home: YOU!

Because it's never too late to create the life you want, Now!

Join Us at Spirituality in Stilettos... You'll Love it!

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

Spirituality in Stilettos®



October 1st, 2013: Pasadera Country Club

9:30am-5:00pm *Your full day treat will include rediscovery and nourishment for the mind, body, and spirit, featuring introductory activities that will include self awareness exercises, the stillness of meditation, the flexibility of yoga, and the energy of dance, as well as organic tastes to reawaken the senses. Savor the Deliciousness of Life by supporting each other as we share those moments of truth and achievement, spills, thrills, and laugh out loud moments. We will be reminded that our health and happiness cannot be separated from what we eat, what we do, and what we think!*

Morning Coffee, Lunch, and afternoon Treats will be offered during the workshop.
Champagne Celebration will honor and celebrate the beauty and unique gifts in each of you!

9:30am Registration begins

10:00am-4:30pm Full Day Workshop

Own it- Self-awareness exercises, reflect, meditate, explore, and experience.

Lunchtime –the Deliciousness of Life and self-nourishment – awakening the senses through healthy but tasty choices.

Feel it- Express yourself, reignite, rebalance, and rejuvenate mind, body, spirit

4:30pm-5:00pm Live it - Embrace the essence and lessons of **Own it** and **Feel It** and create your own life flow plan to enhance and expand your everyday lives
Champagne Celebration

*After **Owning it, Feeling it, and reconfirming how you want to Live it,**
You too can Strut down the Runway of Life dressed in your own Truth,
and enjoy your own **Spirituality in Stilettos!***

REGISTRATION INFORMATION

Location: Pasadera Country Club, Pasadera Drive, California

Cost: \$240.00

Contact diane@ownitfeelitliveit.com for further details



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