



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

**Spirituality in Stilettos™**  
A workshop for women

*Balancing and Connecting Mind, Body, and Spirit  
in the modern world with Wit and Wisdom*

**One Dish, One Discussion, One Dance at a time!**

As a mirror for every woman, facilitator Diane **Danvers** Simmons brings her trademark style; a blend of wit and wisdom, sharing three simple steps for reigniting your spirit and regaining your life balance: Own It **Feel It** Live It™

In this fast-paced, media-overloaded world, we hunger for truth, balance, clarity, and authentic growth, with the desire for spiritual and human connection. But how do we get there?

Join us for this daylong “**treat**” in a place to pause and have the conversations we need the most now, with the freedom to explore what works for you and how it enhances your life.



**Imagine** a day where you invest in your reality... not a Hollywood producer's. Where you rediscover your **Own** voice, without having to compete for it to be heard. Where you kick off those worn out shoes that constrain you and **Feel** your mind, body, and spirit flow so freely that even your favorite talk show host would welcome you to dance on their stage.

A day to laugh out loud, stretch, groan, grow, glow, and cry. Live life to your fullest potential and experience what it truly means to **Live** again.

Take the first step to reconnect to your greatest source of knowledge.

**Your true home: YOU !**

Because it's never too late to create the life you want at any age...

Get ready to strut down life's runway dressed in your own truth and embrace your own  
**Spirituality in Stilettos™**

**Own** your Power, **Feel** your Spirit, **Live** your Life with Wit and Wisdom

Visit the website for future dates:  
diane@Ownit**Feelit**Liveit.com  
www.Ownit**Feelit**Liveit.com