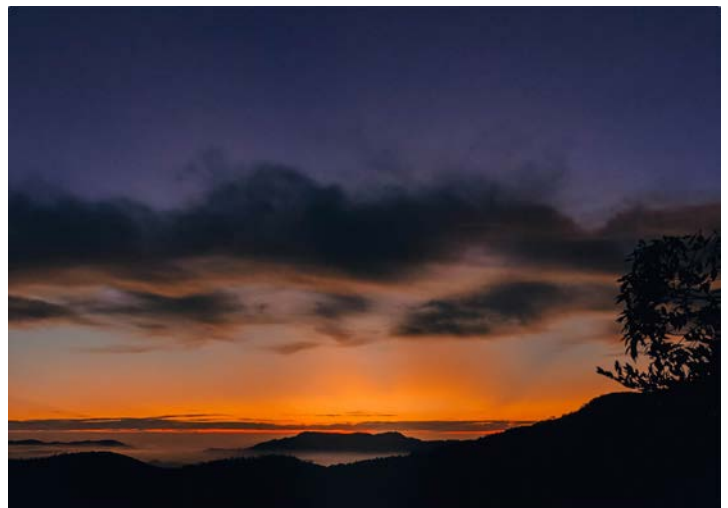


# Success: Full Living Workshop



## Spring Into Summer

As Spring moves into Summer, do you find yourself emerging from the last year in many different ways? Are you enjoying the bounty of nature's new life exploding all around you and finding a new kind of energy as you drink in the warmth of summer days and panoramic sunsets?

Let's connect and share the life-giving principles of this amazing workshop through meditation and setting new goals that are emerging in you. Spring is a time of creative energy that brings forth new ideas as you anticipate what summer may have in store.

Open your mind and heart and take time to dream of things that light you up. Where you can connect with nature and your inner world where you feel the most alive. Embracing life and being fulfilled has a lot to do with the intention behind what you do.

# WE'D LIKE YOU TO JOIN US



**This Success: Full Living workshop is being offered via Zoom. Although the timing may be last minute, it could be the perfect opportunity for you. It's a two-day format: Saturday, June 5th and Sunday, June 13th and goes from 9:00 am to 5:00 pm with a break from 1:00 to 2:30. The cost is \$150.00 and includes all materials. If you are already an SFL graduate, the cost is only \$30.00.**

***Register online at the Center for Stress Management website found at [www.cfsmkaty.com](http://www.cfsmkaty.com) or by calling Pat Kerlin at 281-703-8666.***

## **INTRODUCTORY VIDEO**

**A 35 minute introductory video presentation showing the Life Mechanism and other aspects of the SFL workshop is available for free on the Center for Stress Management website accessible at [www.cfsmkaty.com](http://www.cfsmkaty.com)**

The Center for Stress Management  
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