

It's Time to Break the Cycle



New Beginnings 2020

Saturday, February 8, 2020

1-4pm

\$45 all supplies included

“Where your attention goes, energy flows”

It's time to get off of the perpetual hamster wheel - repeating the same habits and getting the same outcomes. Join us for a fun event where we get calm, clear, focused and creative on what we want to manifest in the new year.

- We will start with a centering meditation
- Next, a focused exercise on letting go of the past
- Enjoy fun exercises to get your mind and intention ready to create
- Participate in an item exchange- bring something that has changed/motivate you or something you need to let go of (call me, I'll explain).
- Lastly, we will create our vision board/canvas.

Must pre-register ~ Call Colleen ~ 913-302-2439