

# Create a LIFE Blueprint ~ 2022

**15<sup>th</sup>** January  
2:00-5:30 pm  
Location: Point Loma

**\$50**

Limited Space

## *Dream Big*



## *If not NOW... WHEN?*

### Agenda

- ☆ Guided Visualization ~ Make Your Dreams REAL in 2022
- ☆ Social Learning
- ☆ Identify your Potential Obstacles
- ☆ Resolutions and Solutions
- ☆ Breath-work Session
- ☆ Chorus of Alchemy Crystal Bowl Sound Healing
- ☆ Organic Delicious & Nutritious Yummy Surprise

**Bring**  
Yoga Mat  
Pillow  
Blanket  
Notepad  
Pen  
Water bottle

**Reserve Your SPOT • text Kerry for payment link • ASAP • 619-341-2604**

**CLARITY**

**COMMITMENT**

**COURAGE**

**CONSISTANCEY**

**CAPITALIZE**