

Let Your Intuition Be Your Guide[©] in 2018!

Make 2018 your best year ever without New Year's resolutions or unrealistic promises to yourself. Discover how to trust your intuition as the most reliable guide to living your best life.

Have some fun creating visuals that reflect 'the story of you'. Take that next step to understand the 'so what' of it all because insight without action is simply dreaming! Use those insights to take action on your intuition for clarity, focus and a path in 2018.

Everyone can do this....no artistic ability is required. This workshop uses various creative tools, such as SoulCollage[©], as insightful and intuitive techniques to honor and celebrate your greatest self. We will use guided imagery to assist in your creative process.

This is not a vision board class.

Take home your creations with a renewed energy and a plan to share your unique gifts with the world.

Call today to save your spot. Class size is limited.



Carole Heaney is a Holistic Cancer and Integrative Health Coach who supports clients to create their vision for health and healing through powerful connections of mind, body and spirit. Carole brings years of professional health care experience and her personal journey in healing to her work as coach, facilitator and presenter. Carole blends creativity, self-care and holistic approaches to expand the potential for personal growth, greater joy and inner healing.

Registration \$50.00

All materials and amazing goodies from Defilippi's Bakery and Cafe included

January 21st, 2018 2:30-5:00p

Defilippi's Bakery and Café, 506 Broadway, Monticello, NY

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