

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 for clarity, focus and a path in 2018.

Everyone can do this....no artistic ability is required. This workshop uses various creative tools as insightful and intuitive techniques to help you honor and celebrate your greatest self. Guided imagery will assist your creative process.

This is not a vision board class.

Take home your creations, a renewed energy, and your own best advice for living the life you love in the new year.

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 \$40.00

All materials included

January 28th, 2018 12:30-3:00p

Serenity Day Spa, 1523 Columbia Turnpike, Castleton, NY

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