



Have you tried self-help programs only to find yourself still stuck in the same patterns?

It's not easy going it alone...

What if you had a team of people supporting your dreams and visions? Your very own team for inspiration, personal growth, and well-being, helping you to uncover blocks and empowering you to take action...a team taking you step-by-step through the process—from vision to manifestation to celebration!

Join us for this twelve-week journey, **From Inspiration to Action**, designed to reclaim your dreams, access new potentials, and help you create the life you've always wanted. As your dream-building coaches, we want you to invest three months to bring about changes that will last you a lifetime.

In six sessions spread over three months, you will:

- Learn to access body/mind/spirit connection using simple and highly effective meditation and mindfulness techniques.
- Use hands-on exercises to awaken and cultivate your connection to your higher self and manifest what you truly want in life.
- Experience rapid transformation and release blocks using the power of CLAY!
- Recharge your daily routine — from fear to being in the flow.
- Commit with others to maintain nutritional and exercise habits to encourage vitality and clarity.
- Have access to a private Facebook group for ongoing support.
- ...and much more!

6 Saturdays over 3 months
Starting

Saturday, March 4, 2017
from 9 am - 12 pm

Location

Boston North Technology Park
110 Haverhill Road
Amesbury, MA 01913

Cost

Only \$495

when you register by
February 25 (save 10%)!

\$200 deposit required to hold your seat

After Feb 25: \$550

Visit <https://tinyurl.com/InspiredtoAct>
or call Susan at 978-465-5036
for more information and to register!

MEET YOUR COACHES



Karen R. LoGiudice (The Clay Coach): With her signature Sculpting Your Life™ program, this author, healer, and founder of **New Moon Self-Development Center** helps clients quickly discover and let go of deeply held beliefs and triggers keeping them from living their best lives, and experience rapid transformations in all areas of life.



Susan Patten: Acupuncturist and owner of **Newburyport Acupuncture**, she has been a passionate practitioner of creative manifestation since the 1980s, and works with many coaches and teachers in all areas of personal development. She is also an avid meditator and has been teaching meditation classes since 2005.