

Life = Change

How Is Change Affecting Your Life Right Now?

Career Change ~ Empty Nest ~ Divorce
Moving ~ Health Issues ~ Death ~ Dating
Menopause ~ Children ~ Elderly Parents
Global Events ~ Personal Development

Life Transitions: Rediscovering the Spark Within

February 23-25, 2018

Dayaalu Center ~ Bainbridge Island, Washington

DURING THIS nurturing, experiential three-day workshop, you will be challenged to step toward and embrace the life you want! Whether you have changed inside, but the rest of your life has not... or your life has turned upside down and you don't know which way is up... or you simply see change on the horizon and want to be ready, this workshop will invite you to explore how to:

- Find peace amid the chaos
- Get back to balance faster
- Stop being hard on yourself
- See beauty in the challenge
- Spend less time being stressed
- Speak your truth to anyone
- Ask for help when you need it



Register: dayaalucenter.com/workshops.html

For more information contact Neva at Dayaalu Center:

(206) 436-9388 or info@dayaalucenter.com,
or email Kathleen@strengthofconnection.com.

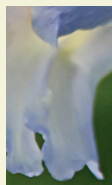


WORKSHOP SCHEDULE

Friday 1:00-8:00pm
Saturday 11:00am-6:00pm
Sunday 11:00am-6:00pm

WORKSHOP TUITION

Tuition \$425/person
Includes 2 delicious plant-based vegetarian meals (Friday dinner and Saturday lunch)
Lodging contact Dayaalu Center
Dayaalu Center has a few rooms available, and there are many local options.



About the Facilitators

MARY MACKENZIE, MA, CNVC Trainer, is the author of *Peaceful Living: Daily Meditations for Living with Love, Healing and Compassion*, executive director of Peace Workshop International and co-founder/lead trainer of NVC Academy.

KATHLEEN MACFERRAN is a Center for Nonviolent Communication (CNVC) Certified Trainer / Assessor and owner of Strength of Connection. She authored and conducted *Giraffe Tales*, a children's story CD set to music.

This workshop will be using the frameworks of *Nonviolent Communication* and William Bridges' *Managing Transitions* work.