

HARVESTING YOUR AUTUMN ENERGY

*A workshop aimed at understanding
Nature's seasonal effects on our physical,
emotional and spiritual well being*

Do you sometimes feel like your life and the inner “you” are out-of-sync? Have you noticed how seasonal changes affect your mood and ability to focus?

It's a proven fact our behavior and actions are influenced by the natural characteristics of each season. And although we are often reluctant to recognize our “connection” to the natural changes around us, there is a way to tap in to the unique energy of Nature's process.

Fall is the perfect time to acknowledge our past year's goals, actions, and even thoughts; choosing and keeping what works and releasing what is not. Connecting to nature and her power, it's an authentic way of life.

Join Stephanie in her Autumn Energy Workshop as she shares the clarity and power each season offers... being in balance with Mother Earth's energy and acknowledging your life's natural rhythm.

Experience the gifts of Autumn ...

- The clarity to decide what is serving you emotionally, physically and spiritually.
- Releasing & discarding non-productive habits, attitudes and actions.
- Recognizing, reaping and fine tuning what is working in your life.
- Understanding the importance of the Chinese Five Elements in relation to Fall's “Metal Energy”.
- Acquire nutritious, seasonal recipes with cooking techniques to maintain optimum health during your journey through the fall season.
- Tai Chi Walk... connecting mind and body through moving meditation.
- A powerful Fall Releasing Ceremony.

Workshop Fee: \$55.00 (Includes all workshop materials)

Time: 2:00 p.m. - 5:00 p.m.

Date: Saturday /October 17th

Location: Marin County, to be determined by September 30th

Please forward this email to friends and relatives.

Call Stephanie for any questions: (415) 302-7237 <http://momscosmicdiner.blogspot.com>

Enroll now and reserve your space by mailing a \$25.00 (non-refundable) deposit to:

Stephanie Rosenblatt at 775 East Blithedale Avenue PMB#323

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