



OPENING YOUR HEART

A One-Day Community Retreat

Saturday, September 22 from 9:00 a.m. to 3:30 p.m.

Led by Lynn A. Lyons, M.S., C.H. and Esther Leiva, Life Coach

Learn about the key ingredients that make life joyful with a focus on compassion.

- Acquire Strategies to Open Your Heart. Handouts will enhance your learning.
- Experience a *Conscious Movement Dance* and How It Connects You to Your Authentic/Divine Self.
- Break into small groups for discussions and to learn from one another.
- End the day with a Tonglen Meditation.

Prizes will be given:

A copy of *The Book of Joy*, a free Hypnosis Session and a free Coaching Session.

Registration is required to ensure adequate handouts.

Please call or text Lynn Lyons at 203 415-8567 by September 18th.

Requested fee is \$40 (check or cash at the door).

Location: Woodmont United Church of Christ, 1000 New Haven Ave., Milford

Only light refreshments are available so please bring a lunch.

