

THE AQUARIAN GARDEN
HOLISTIC WELLNESS CENTER

presents

Walk Your Talk

A Live Like You Mean It™ Playshop™ with Terry Kohl

What stories do you tell yourself?
Do they include chapters like:

- I can't ...
- I have always been this way
- I don't deserve to be happy, wealthy, popular
- I will never amount to anything
- Stress causes me to smoke, overeat, lose sleep

Many of us do not pay attention to what we are thinking. Thoughts are habit forming and become habit-forming actions. Where your thoughts go, your experience follows. Your talk is where you walk.

Where are your thoughts taking you? Are you on a journey of joy, discovery and self-love, or are you lost and traveling a road in search of something you have yet to find?

There is no Someday. There is only the moment you are in and the moment you are in is a very powerful place to be. It is here that the possibilities are endless. It is here that miracles appear. It is here where you meet yourself!

Date: Saturday, June 19, 2010

Time: 1:00 - 4:00 p.m.

Cost: \$60

Location: The Aquarian Garden



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