

Pathways to Happiness:

FEBRUARY 17, 2018

Spirit in the Desert Retreat Center

7415 E. Elbow Bend Road Carefree, Az. 85377

9:00 a.m.- 3:00 p.m. \$155.00

Happiness is the state of pleasure, satisfaction, and joy. If happiness is that simple, then why is it so hard to maintain?

If only you were smart, courageous, and loved or had more money and good luck
...then you would be happy! **WRONG!**

Happiness is an inside job. What do you need to obtain a state of inner happiness?
You need to learn how to develop roots of authenticity, connection and self care. This is the recipe to create the consistent experience of inner happiness!

With this recipe you will develop emotional acuity, strengthen resilience, and explore spiritual resources to establish your roots in happiness.

Authenticity.

Being true to your spirit, personality, and character.

Connection.

A sense of belonging by knowing your spirit, yourself and recognizing the spirit of others.

Self Care

The Art of Spiritual, Emotional, and Physical Well-Being.

Sign-up today for Pathways to Happiness and learn to use metaphors, journaling, walking meditation (labyrinth), and stories to let go of past wounds, "what-ifs" and dashed hopes. Past emotions can keep you from being in the present. Life is too short to live without internal happiness. Create your Path to Happiness by building connections to yourself, others, and the divine.

Please go to: **www.psychotherapyunlimited.com**

and click on new workshops to pay or
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16845 N. 29th Ave #635, Phoenix Az. 85053

Lunch included.

