

Women's Wellness Group

Fall 2015 Series

1st & 3rd Fridays
10:30 a.m. - Noon

Morro Bay Library
Program Room
625 Harbor St.

For the comfort of all
attending, please come
fragrance free to all
our programs

Come to
Any or All
Sessions!

A Free Program of the:



LIVE NOW
Realize your true potential

Info: Karen Robert, M.A., Group Facilitator
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www.live-now.org

September 4 - Getting Acquainted

This is a fun opportunity for participants to learn more about the Women's Wellness Group and become more comfortable with themselves, with others and feel more "at home" in the group. **Karen Robert, M.A., Group Facilitator, Women's Wellness Group**

September 18 - Mindful Moments

Short contemplations that help participants to work towards developing imagination, attention, relaxation skills and positive feelings. **Karen Robert, M.A., Group Facilitator, Women's Wellness Group**

*October 2 - The Power of Vulnerability

Discussion based on Brené Brown's book *Daring Greatly*. Have you dared greatly today? We must be larger than anxiety, fear and shame if we want to speak, act and show up in our life. Let's embrace the courage to be vulnerable! **Karen Robert, M.A., Group Facilitator, Women's Wellness Group**

October 16 - The Healing Path of Yoga for Women

Jennifer Patterson - Owner, Yoga Center of Morro Bay, ERYT500, Yoga Teacher and Practitioner, Specializing in Therapeutic and Adaptive Yoga, yogacentermb.com

This discussion will introduce ways participants can begin to incorporate breathing, movement, mindfulness and meditation into one's life to discover deep healing and nourishing self care.



November 6 - Mindfulness and an Attitude of Gratitude in Finding One's Life Path and Happiness

Valentina Petrova, M.A. - Fulfillment Engineer, Strategic Intervention & Integral Coach, Owner, Holistic Movement Center since 2002, www.ThisFulfillingLife.com

Finding and walking our life's path requires looking, experimenting, even sacrificing. Mindfulness and an attitude of gratitude support us through the process and help us grow into the happiest version of ourselves.



November 20 - No Session

December 4 - Essential Oils and Women's Health

Corrie Ratzat, C.A. - Certified Aromatherapist, www.healthwithintegrity.com

Essential Oils are sparking a health care revolution. Find out what essential oils are, how they work in and on your body, and how you can take your health into your own hands utilizing their natural healing qualities!



December 18 - The Joy of Coloring

Cheer up, reconnect with your inner child, stimulate imagination, and get your creative juices flowing. What better way to lead in to the holidays! **Karen Robert, M.A., Group Facilitator, Women's Wellness Group**

*Although not required, participants are encouraged to read Brené Brown's book *Daring Greatly - How the Courage to Be Vulnerable Transforms the Way we Live, Love, Parent and Lead* prior to the October 2 session.