

Engage your inner alchemist and a fresh vision of your life

# Upgrade Your Story



Our power does not lie in trying to control our outward circumstances. Our power and freedom are found in the direction we choose to focus our thoughts. Identify the stories you tell yourself about your life. Distinguish what is yours to keep and what is yours to let go of. Practice disengaging from disruptive stories and train yourself to look at and interpret your life through a new life-enhancing lens.

Professional Life Coach and advanced Yoga teacher Stacy Kamala Waltman will lead you on this journey, using visualization, asana, various concentration and meditation techniques and her expert insights and skilled guidance.

The quality of our life experience is determined by the level of awareness we bring to each situation and the content and repetition of our internal stories. Most often, we are not conscious of our internal patterns of thought and therefore remain unaware of those areas where we don't utilize our freedom to choose.

Thoughts precede action and act like a magnet. Whatever actions we repeat over time become our habit patterns, which then control the quality of our life experience.

Join Stacy for this dynamic workshop that will offer tools to bring you into an enhanced sense of self and a fresh vision for your life.

## workshop

Thursday

15 December 2011

7:00pm - 8:30pm

## cost

\$35

## bring

yoga mat, water,  
comfortable  
clothing  
& writing materials

## STACY KAMALA WALTMAN

Stacy Waltman is a Certified Meditation Teacher and Certified Yoga Instructor with a 30+ year history as a student of Swami Satchidananda's Integral Yoga. By combining these disciplines, she has developed a deep appreciation for the peace, centering, and focus to be found in the world of spiritual studies and how it can bolster stress reduction, effectiveness, life balance, and clarity of thought. Through this, along with specific coaching training and advanced education at the Coaches Training Institute - accredited by the International Coaching Federation, Stacy provides an integrated approach to her workshops and life coaching skills.

