

Joy - The Journey of You

A Spa Day for the Soul

“The eyes are for seeing but the soul is here for its own joy” –Rumi



It's hard to believe that summer is over and fall is here. Before you know it, kids will be Trick or Treating and families will be discussing plans for Thanksgiving and other seasonal holidays. For many of us this is beginning of overwhelm. We're trying to get it "right" and make everyone happy. Not a small order.

I say it's time to begin a new tradition and to build a new legacy — one that starts from what's really important: being grounded, centered, and ready to IN-JOY the season with family, extended family and friends. This time, you get to set the tone and the agenda. You get to play more, laugh more and share more of your joy.

Join us for “**A Spa Day for the Soul**” using the path of joy for guidance. We will:

- Massage our joy muscle
- Detoxify the joy blocks
- Replenish our joy stream
- Get our joy juices flowing

We will create fertile ground for joy to take root

- Discover the Secret to Joy
- Find the “Land of Joy”
- Walk the Labyrinth
- Jump for Joy – literally
- Create a touchstone to take with you



WHERE: San Damiano Retreat Center, 710 Highland Dr., Danville, CA 94526

WHEN: Friday, October 14, 2011 - 9:30 am to 4:30 pm

COST: \$195.00 on or before October 1, 2011, after October 1, \$250.00 (includes lunch)

RSVP: To Judy Ranieri, by October 7th.

Payment Options: Check to Judy Ranieri, The Studio, 1866 Clayton Rd., Suite 202, Clayton, CA 94520 or [pay securely with Paypal](#)

For additional information, email me at judy@thewisdombox.com or call 925-673-9323.

Judy Ranieri, MA, is a Life & Legacy Coach
Where Wisdom and Creativity connect you to your Joy
For more information about Judy, visit her websites at:
www.thewisdombox.com | www.notebookproject.com | www.judyranieri.com.