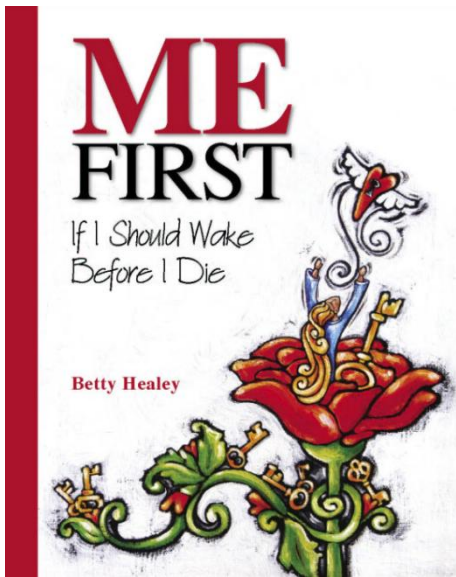


It's time to put YOU back on your Priority List!



YOU
are invited to
ME FIRST

If I Should Wake Before I Die

A two day retreat event which will change your life!

**Dates: Saturday, November 1st, 2014
and Sunday, November 29th, 2014**

9:00 AM to 5:00 PM

Meet and Greet 8:30 AM

Day One, Saturday, November 1st, 2014 ~ Clarity

On this day YOU will Journey through ***The Seven Directions of Awakening***

- ✓ ***Learn the importance of setting clear intentions***
- ✓ ***Understand and commit to the practice of **SELFNESS*****
- ✓ ***Develop your **Personal Guidance System (PGS)*****

Day Two, Sunday, November 29th, 2014 ~ Action

On this day you will shift clarity into action:

- ✓ ***Understand where in your life you are **spinning, stalled, settling and stepping up*****
- ✓ ***Learn the balance of **doing and being** in action***
- ✓ ***Assess the **attractive actions** and **dazzling distractions** in your life***

Your Retreat Facilitators are:

Wayne Pagani and Carol Brochu

Location:

Ottawa, Ontario

Retreat Cost: \$375 (+HST) ^t

Early Bird Special \$299 (+HST) - Register Before October 26th, 2014

Note: Registration Fee Non-Refundable

(Program includes ME FIRST Playbook , Journal and Values Cards, Healthy Breakfasts and Lunch,)

6 spaces are available for the retreat.

Carol or Wayne, developcareers@gmail.com 613-526-1982