

# FOUR WEEK SERIES

## "MIND, BODY AND SOUL"

Presented By Jennifer Wylie &

Barbara Gordon

**Tuesday Mornings: August 1 to August 22, 2017**

To inspire, educate and empower my clients by enhancing their quality of life through the mind, body and soul.

### Four Pathways To Compassionate Self Care - (9:30 am to 2:00pm):

August 1: Session I: Pleasure and Sensory Self Care

August 8: Session II: Listening To Yourself/Others/For giveness

August 15: Session III: Mental & Spiritual Self Care

August 22: Session IV: Emotional, Physical & Social Self Care

**COST:**  
\$105 for the 4 Week Series.  
\$35 per session and Lunch

### **PRESENTER:**

**Barbara Gordon** is a Spiritual Teacher and Intuitive Counselor with over 30 years of experience in leading women's groups, workshops, retreats, seminars and working with private clients. She has led women's groups and workshops in Japan, Europe and the United States.

### **PRESENTER:**

**Jennifer Wylie** has over 25 years of experience in education, hypnotherapy, mental performance coaching, personal training, and yoga instruction. She has coached CEO's, actors, musicians, and sports figures, as well as the general public.

Jennifer has been interested in helping people build their self-esteem and confidence since she was a teenager. Her early background was in dance which helped her realize the importance of keeping the mind body and soul healthy. This healthy lifestyle has served her well for many years. She believes "health is wealth".

Jennifer works with people to help them find balance in their life, find their life purpose, improve their relationship with themselves and others, clarify and reach their goals, reduce stress in their life, and create a healthier lifestyle. I enjoy combining my understanding of psychology, positive imagery, and stress reduction to help people make positive changes in their life.

### **REGISTRATION:**

Registration begins at 9:00 am. Program is from 9:30 am - 2:00 pm. Lunch included.

### **TO MAKE A RESERVATION:**

Please send a check of \$35 per session or \$105 for 4 week series to:  
San Damiano Retreat  
P. O. Box 767  
710 Highland Drive  
Danville, California  
94526-0767  
Phone: (925) 837-9141  
Fax: (925) 837-0522

### **COST:**

\$105 for the 4 Week-Series.  
\$35 per session and Lunch.

Registration online is available at [www.sandamiano.org](http://www.sandamiano.org) or call us at (925) 837-9141 to make your reservation by phone.

Deposits or payment are non-refundable, but transferable to a future retreat within one year providing cancellation is received at least 7 days prior to the retreat.

### **SPECIAL NEEDS:**

Please call us after you make your reservation for any retreats.

## RESERVATION FORM

### FOUR PATHWAYS TO COMPASSIONATE SELF CARE - (9:30 am to 2:00 pm)

NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

STREET

CITY

STATE

ZIP

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

Phone: \_\_\_\_\_

Tues., Aug. 1 (\$35)

Tues., Aug. 8 (\$35)

Tues., Aug. 15 (\$35)

Tues., Aug. 22 (\$35)

\$105 for 4 week series

CREDIT CARD #: \_\_\_\_\_

EXP. DATE: \_\_\_\_\_

NAME ON CREDIT CARD: \_\_\_\_\_

CHARGE ALL

DEPOSIT ONLY