



THE “REDESIGN YOUR LIFE”

Workshop / Retreat for Women

SESSION 1: FEBRUARY 10, 2018

HOW YOUR DAY WILL FLOW AND UNFOLD

We are so excited to be less than one month away from welcoming our 2018 “Redesign Your Life” group of wonderful women – congratulations to all of you for taking the first and bravest step! There are still a few seats left and the registration fee goes up after 1/31/2018. Here’s a preview of Session 1:

Session 1 – The Science of Happiness

In our first session together, we lay the groundwork for living life by design. You will understand the true cause and effect relationship between success and happiness based on recent discoveries from neuroscience and positive psychology. You will learn how to reprogram your brain to increase focus, clarity, creativity, and achieve desired results. You will also experience the benefits of slowing down, getting quiet and being still to understand the realities of mind-body connection.

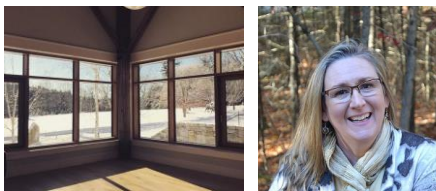
This foundational work will prepare you for the four following sessions and ultimately enable you to rediscover and reawaken your true “Core Self” and lead yourself and your life with purpose, intention and greater happiness.

Early Morning



Arrive at Alnoba, drop off your coat and head downstairs to the dining area to meet your workshop / retreat companions. Enjoy a light, healthy breakfast to fuel your mind and body before embarking on your journey.

Mid-Morning



Move into our gorgeous meeting space for facilitated discussion with Deb on the science of happiness, the perceptions and misconceptions about success and perfection and “The Work” you will be doing to clear the clutter and reconnect with your core self and reap the reward of freedom and more joy.

Late Morning



Transition from informational thinking and discussion to experiential feeling and being as Hannelore guides you through a calming centering process, deep yogic breathing and gentle stretching to help you get quiet, go within and nurture yourself physically, emotionally, and spiritually.

Mid-Day



Enjoy a delicious, hearty farm-to-table lunch and take some time to explore the many inspiring spaces within Alnoba or perhaps even brave the February weather for a brisk, energizing walk outdoors.

Early Afternoon



Return to our meeting space and complete a comprehensive series of introspective, reflective writing exercises—essentially, begin to tackle “The Work” that was introduced and explained earlier with Deb.

Mid-Afternoon



Return to your mind-body connection as Hannelore leads you through some simple and gentle yoga stretches, poses and movement to open up your inner channels, creating space and positive energy flow.

Late Afternoon



Reflect on the day and discuss next steps for applying your learning and experiences from this first session and preparing you for the second session where you will literally and physically move your way to the next level of reconnecting with and expressing your true core self. It will be safe, supportive and a lot of fun, I promise!

I can't wait to see you on February 10th!!

Deb Schuler

ENSO Life by Design



www.ensolifebydesign.com/registration