Live Your Life Out Loud:
Learning the Art of Creating to Get the Life You Want
Saturday, August 8th in Berkeley, CA

Re-discover yourself. Imagine.
Make new decisions. Create.
Declare something bold. Act.

When was the last time you scheduled a play date just for yourself, to muse, ponder, create and explore? When was the last time you took the time to declare something bold for yourself? When was the last time you asked yourself: What do I Really Want? Doesn’t NOW seem like a good time?

This is a day where you get to put all of your responsibilities aside and connect with yourself, rekindle your passion and purpose, (or discover it for the first time), and remember what it feels like to FEEL alive.

Part creative workshop, part coaching, part introspection and discovery, you will gain a sense of clarity and direction that will “true” you on your path.

At the end of the day, you will leave with:
· a connection to something vital
· a declaration that propels you forward
· a personalized action plan that will materialize your desires.
· a notebook full of your creations to serve as reminders.
· a 4 step process that you can duplicate to create the life you want.

When: Saturday, August 8th , 1:30 - 5:30pm
Where: Berkeley, CA
Led by: Sonya Derian, MA & Jennifer Perlmutter, Artist
Cost: $110.00 + $15.00 material fee
Register BEFORE July 31st Cost: $90.00 + $15.00 Material Fee - ($20 discount)

Space is limited! Reserve your space, NOW.
510.333.0675
Email: info@omfreely.com

Check, M/C, Visa, American Express, Paypal. We happily accept all forms of payment.