

*Join us in a gathering
to experience the joy of being*

At One With the Nature of Inspiration

Hey! What would *that* be like?

[Come and find out!]

A One-Day Workshop at Centrepont Studio
244 King Street West, Brockville

Sunday 12 March 2006

10:30 a.m - 4:30 p.m.

Centrepont Studio presents a day with a “spiritual mechanic” who brings perspective, humour, service and a light-hearted nature to the journeys and paths of many. Author, speaker, and coach, John Heney explores how thought functions. This, in part, has brought him face-to-face with how people in their many roles can breath new meaning into their lives – doses of *inspire-ation*.

Relax informally with us as you grant inspiration a welcoming space to arrive, to settle and to thrive. Where does it come from? Where has it hidden? In what aspect of your life might it help you? How have you been treating it? With a dollop of daring and plenty of laughter get to know inspiration as a friend, an ally, and an energy that can *hardly wait* to be applied. Rediscover aspects of your relationship with this life-giving force while giving it breath, shape and focus in ways that assist everyone present.

There'll be time for chat, spontaneity, some instruction and experiential practice.

Some focus. Some flow.

Plenty of service and self-respect.

[...and lots of funanease!]

\$80.00 for the day

Breaks included, dress is casual.

Bring water and a lunch/snack.

For information and registration:

Centrepont Studio:

Dale or Jo-Anne

(613) 342-1232 or centrepontstudio@gmail.com

Visit John Heney at www.johnheney.com.