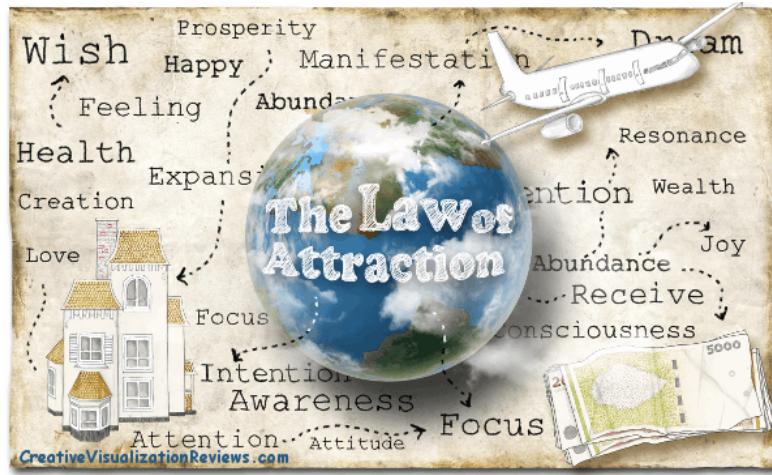


## Working the Law of Attraction and Exploring Subtle Energies

Sunday, Oct. 23, 9:00a -2:00p –  
\$50 before Oct. 15\*

Be Well Now – 462-3900  
221 E. Center Dr. Alton



*“There are no accidents or coincidences in this world. Nothing is by chance. Everything you are experiencing is a direct manifestation of where you’re focusing your energy, attention and consciousness” ~ Jafree Ozwald*

What do you want most in life? Financial riches?  
Better relationships? Good health? A new job?

### Create the life you want with a vision board

Sure, you can repin a Pinterest board or use software to create a digital vision board. But the act of picking over, selecting and gluing images and inspirational words onto a poster builds that connection synergy in our minds. And the collective energy of a group setting takes this vision creation to the next level.

#### **Why do I need a vision board?**

If you've defined your dreams, it's time to illustrate them visually so you can energize them.

#### **I don't know what I want.**

That's ok! Sometimes we aren't sure what we want. But when we let our subconscious mind lead us, the images and words start inspiring us in ways we hadn't imagined.

#### **What will we do?**

After a short yoga practice or meditation to get you in the right frame of mind, you'll spend the morning creating a vision board. Then, enjoy a light lunch and indulge in a chair massage and/or paraffin hot wax hand treatment. After lunch, pick from several short interactive break-out sessions and learn about the subtle energies of reiki, acupuncture, Access Consciousness® and more.

**Details at <http://bewellnowonline.com/page/workshops>** or on our registration form.

**Questions?** Call Be Well Now (618-462-3900) or email Danette Watt (dmwatt33@gmail.com)

#### **Preregistration and minimum \$20 (non-refundable) deposit is required. \***

\$50 if received by Oct. 15. \$60 if received between Oct 16-19.

Registration ends Oct. 19; no same day registration.

\*If we're closed when you drop off your registration form, slip it through the mail slot in our door.