



presents a powerful

## WATERFRONT WORKSHOP SERIES

# Women in balance

*A series of 3 focused and inspiring conversations to activate your authenticity & discover how vital your awakening is to the balance of your life & the planet.*

**May 18**

### *How Belief & Emotion Create the Quality of Our Lives*

An intro to the unique & powerful process called "Embodying Emotional Integrity." Learn how we create the emotional quality of our lives from the history and emotions of our beliefs.

**June 29**

### *Activating Choice to Balance Our Day to Day Life*

Do confusing emotions and unconscious habits keep you from experiencing happiness? Discover how self-awareness can support choices that result in more balance and well being in your life.

**July 20**

### *Using Heart's Desire to Live Our Purpose*

Once we understand how to use our mind and heart to co-create, we tap into the limitless passion in our hearts that leads us to our life's purpose. Gain practical-use tools to create an abundance of energy and balance in your life.

**Pre-Registration Required**

**Location: Lakeville, MA  
at the home of Linda Joy**

**\$55.00 pp/workshop  
includes Lunch**

**11-4 pm**

**To Register:**

**[Events@aspiremag.net](mailto:Events@aspiremag.net)**



Rita Rivera Fox



Laura Turlington



**This Class Series is Presented by:  
Life Mastery Programs &  
One Community Programs**

[www.lifemasteryprograms.com](http://www.lifemasteryprograms.com)

[www.onecommunityprograms.com](http://www.onecommunityprograms.com)

**Awakening Awareness, Authenticity and Integrity for Personal and Global Balance**