

Sponsored by the Mt. Shasta Community Resource Center:

ESSENTIAL INGREDIENTS FOR THRIVING

Love Basics

A Workshop for Anyone in a Committed Relationship

March 24th 1 - 5 PM
At The Gallery
Mt. Shasta, CA



With

Joy Hosey

Relationship Guide & Coach

Joy is a masterful coach and dynamic facilitator who lives what she teaches. She will inspire you to new depths and heights of what's possible in a relationship ~ giving YOU the tools to transform your love life.

If you are ready to take your relationship skills to the next level, her embodied wisdom can help!

"Thriving relationships are our greatest assets in these transformative times."



A workshop guaranteed to positively change your "Relationship Reality."

If you're like most couples, chances are that you have some well-worn, yet not-highly-functional, relationship patterns. In this half-day, highly experiential workshop you will explore two of the most essential ingredients for long-term intimacy: The Art of Appreciation and Being Allies. Come prepared to get in your body, open your heart and learn some practical tools guaranteed to positively affect your relationship reality!

Best experienced with your mate, but open to anyone in a committed relationship.

Make 2012 the year your Love Life thrives!

\$15/person - \$20/couple

To register, call: **530/ 926-1400**

For more info visit: www.JoyHosey.com

Or email **JoyHosey.com**

Made possible with Funding from the Mental Health Services Act Prevention and Early Intervention Program.