



HOST:
Beryel Dorscht, + 3 leaders 376-766-5734

REJUVENATION OF MIND, BODY, SPIRIT

FRIDAY, APRIL 5 FROM 9:00 AM
TO 5:00 PM

Mark O'Neill Hacienda
4 La Cristina, West Ajjic, (turn toward lake at nursery)
Ajjic, Mexico 45920

Theme of the day is handling **CHANGE** ...a constant of life.

WHO ARE THE LEADERS?

Beryel Dorscht: Entrepreneur, personally involved in motivational seminars with Tony Robbins, Robert Kyosaki, Doria Cordova, and others.

Rochelle Hankins: Founder of Circle of Light FB group, author of ShelleyShines children books, nurse, holistic coach and healer.

Lesley Benson: Aromatherapist, body work, physical wellbeing, business developer and global speaker.

Joanna Giles: Philanthropist, establishing foundations globally for betterment of humankind.

Leaders are experienced in life coaching through their personal experiences and many years of involvement with motivational and growth seminars.

BROAD BRUSH OF DAYS ACTIVITIES:

I can only paint the day with a broad brush since we will delve into areas of interest to the attendees....which can go anywhere. However, I can give the alpha and omega of the day.

Starting with Beliefs, which is the foundation of living. How to identify and change beliefs that no longer serve you.

Progressing to inspirational and spiritual (not religious) areas to cope with and embrace, life changes.

Dealing with health issues through aromatherapy, body work and exercises, to promote a feeling of wellbeing and love in your life. Interactive game to point out choices.

Communication issues with astrology overtones. How we communicate with others and with ourselves. If you think you can, or think you can't, you're right. Where focus goes, energy flows.

An attitude of gratitude for the life we have, rather than bemoan what we think we are missing.

Ending day with exercise of turning fear into power...through a virtual firewalk.

Donation of **900** pesos includes work materials, snacks and lite lunch.

Registration: **Beryel Dorscht, berld11@gmail.com, 376-766-5734**