

REKINDLING HAPPINESS
INVITES YOU TO YOUR:

Inner Home for Happiness

with Michelle Cole, HFNR™ Instructor



A NEW, 8-WEEK
HAPPY FOR NO REASON™ COURSE

4 BI-WEEKLY, 2HR SESSIONS

OCT 15 & 29, NOV 12 & 25
FROM 6-8PM
AT SUMMERLAND PUBLIC LIBRARY

INVESTMENT OF \$200
INTRODUCTORY PRICE \$150

FOR MORE INFORMATION OR
RESERVATIONS PLEASE EMAIL:
REKINDLINGHAPPINESSNOW@GMAIL.COM

Rekindling Happiness is pleased to invite you to come walk a path of personal development: discover a new mindset allowing your personal growth to flourish, developing an awareness of the power you hold to create a world you are excited to wake up to each day!

This course will run over an 8 week period with 4 bi-weekly, 2 hour sessions. We will begin by recognizing the power our thoughts have over us and the power each of us have to transform our own thinking. This is the *Foundation* of your unique **Inner Home for Happiness**. Then we will be introduced to the pillars of strength: *Your Mind, Your Heart, Your Body, and Your Soul*. Each pillar will allow us to find a new strength and renewed energy inside ourselves: awakening to the beauty that surrounds us, the many things we can be grateful for, the power of connection, and the desire to become more healthy in our minds, bodies, & spirits.

We will be given mindful practices, exercises, opportunities to share, and a journal to capture the journey. Our inner home will be completed with the *Roof* and surrounding it with a beautiful *Garden*, diving into our life purpose and the people we surround ourselves with. We will find a new sense of inner peace, the ability to take control and redirect our negative thought patterns, and the ability to feel **Happy for No Reason!**

Join us October 15th & 29th, November 12th & 25th from 6-8pm at the Summerland Public Library. With an investment of \$150 you can gift yourself the opportunity to walk away feeling re-energized, re-connected and re-invigorated to lead a life that allows you to feel **HAPPY FOR NO REASON!**