



Happiness is an Inside Job, Women's Retreat

I invite you to step back from the demands of your daily life, embrace the inner peace that lives in you, experience the healing energy of other like-minded women and immerse yourself in the deep stillness of silence.

How is your **Happiness** level on a scale of 1 to 10? (10 is high, 1 is low)

Do you believe that **Happiness** is an inside job?

How is the **JOY** flowing in your life?

What do you do for **FUN**?

If you resonated with any of the questions above, **this one-day retreat is designed for YOU.**

Here's what you will experience at this uplifting retreat:

- ❖ Learning the **true meaning of Happiness and Joy**
- ❖ Believing that **you deserve to be Happy**
- ❖ Recognizing the **Joy Flow in your life** and embracing it
- ❖ Discovering how you can **create a list of 50 Fun Things to do led by Teresa Thomas, founder of 50 FUN THINGS** <https://www.50funthings.com/>

Date: Saturday, February 16, 2019 - 9:00 – 4:00 – Lunch available at University of St. Catherine Cafeteria

Location: Carondelet Center, Room 200A, 1890 Randolph Avenue, St Paul, MN 55105
651-696-2750 - www.carondeletcenter.org

Investment: \$125

To Register: Please contact Nancy at www.nancyjambor.com

Please Note: Because of the powerful work we will do at the retreat, there are only 10 spots available. My retreats tend to fill fast, so please act quickly. You'll be glad you did!