

WINTER SOLSTICE

MEDITATION & CIRCLE DANCE

WITH ISABEL CONTRERAS & JOANNE FREEMAN

21 December 2012

At 12:00—14:00 followed by refreshments



REFLECTION, SHARING WELCOMING THE LIGHT

We welcome you to celebrate this beautiful time of gathering. This is the season when we reflect, gather with friends, family and dear ones.

How to dignify the beauty within us, and to face the new year with serenity, faith and inner power. It is a time to learn, that even in the darkest moments, health, serenity, and healing energy are available when we focus on them with positive intent. It is a time of renewal and rest just as bears hibernate during this time to digest the years experiences.

To learn from nature, how to honor the darkest day and welcome the beginning of the light how to recognize the seeds of growth and nurture them in our own inner warmth until the Light returns. If you are interested, the meditation will take place at Life Motivations Centre. The meditation will last for approx 30 minutes followed by a Circle Dance with JoAnn, winter tea and biscuits if you wish to stay for a little bit longer. Please come early so that we can start on time. Let me know if you are coming so as to have an idea how many chairs we need. Your friends and family members are also welcomed!

Place: at Life Motivations ~ Price: Free

RESERVE YOUR PARTICIPATION — Places are limited.

info@lifemotivations.ch—022 774 33 48



Life Motivations



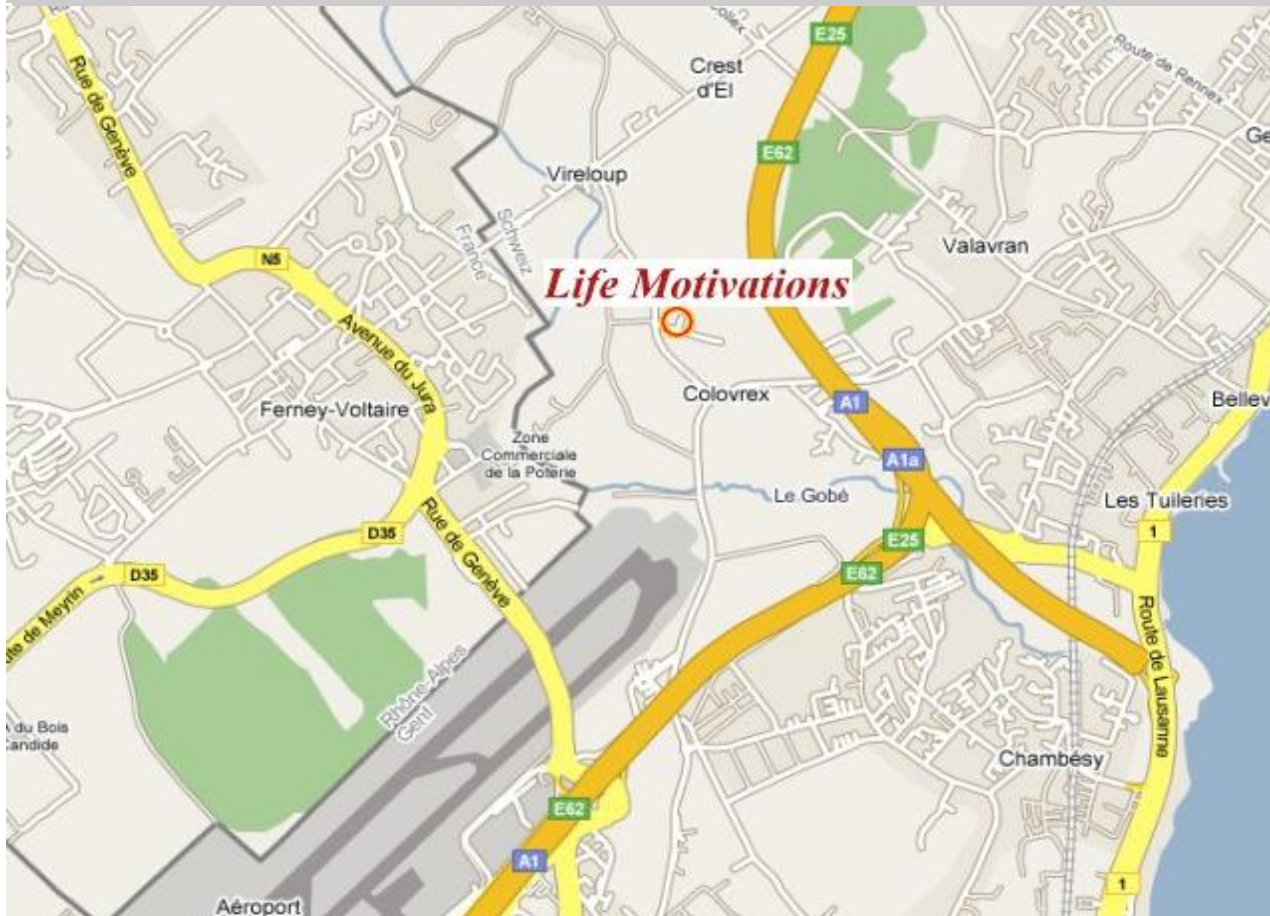
Isabel Contreras: founder of Life Motivations, Leader certification trainer, Counsellor and Coach.
JoAnne Freeman: organization and leadership development trainer and meeting facilitator. To know more about JoAnne, visit her at www.swimupstream.ch.



DIRECTIONS TO LIFE MOTIVATIONS

5 CHEMIN DE LA RADIO
1293 BELLEVUE

022 774 33 48—www.lifemotivations.ch



A) From Place des Nations:

1. Follow Route de Ferney, passing the Intercontinental hotel
2. In Gd-Saconnex, 1.7 km from ONU, turn right at traffic lights (direction Collex, Colovrex, Chambésy, Prégny)
3. At roundabout continue direction Collex for another 1.8 km to Colovrex
4. Just after the Colovrex signpost, make a sharp right turn onto Chemin de la Radio (opposite bus Z stop Planetq)
5. Drive 50 m and turn left (white house) and park in the rear of building. Life Motivations is at back entrance

B) From Motorway :

Coming From Lausanne:

1. When approaching Geneva, follow signs for Airport/France and take the Ferney/Gd-Saconnex exit (N°7 exit)
2. Go straight through traffic lights and follow directions for Collex for 2km to Colovrex. Then same as A 4-5

Coming From Airport:

1. Take the Ferney/Gd-Saconnex exit (N°7 exit)
2. At roundabout, follow directions for Ferney
3. At first traffic lights, turn right and after 0,6km, at next traffic lights, continue direction Collex for another 1,4km to Colovrex. Then same as A 4-5

Or take the Z Bus, and get off at stop PLANET