

You are invited to

Say "I DO" to YOU.®

A WEEKEND WORKSHOP FOR WOMEN

Choosing our Selves, over the many demands in our lives, can be daunting, if not impossible at times. Our innate desire to be in relationship and of service, can often leave us exhausted. Sometimes resentful. Committing to our Selves requires deepening our self-awareness and believing in our courageous hearts.

Commit to Loving Yourself

DEEPEN... YOUR TRUST IN YOURSELF BY LISTENING CLOSELY. NO LONGER IGNORING OR DISMISSING YOUR INNER VOICE THAT KNOWS.

DISCOVER... HOW BEING CURIOUS AWAKENS YOU. HOW IT SHINES THE LIGHT ON LONG HELD BELIEFS THAT MAY OR MAY NOT BE IN YOUR BEST INTEREST.

CHALLENGE... OLD PATTERNS THAT LEAVE YOU FEELING INADEQUATE, RESENTFUL OR JUST PLAIN TIRED.

RECLAIM... SELF-COMPASSION THAT OPENS YOU TO THE WISDOM OF YOUR HEART AND YOUR BODY.

Saturday April 27 2019 10am to 4:30pm
Sunday April 28 2019 10am to 3pm

5908 Bryant Street
Pittsburgh PA 15206

Early registration until April 1st is \$170
Registration after April 1st is \$185

Space is limited to 15 women

To register, or for more information,
call Patricia at 412-441-1177 or email patricia@patriciaboswell.com



Patricia Boswell, a Licensed Professional with 38 years of experience specializing in women's emotional wellness and empowerment. She invites you to join her Facebook group of like hearted women: My Second Marriage Was to Myself...Say I Do to You

WHAT IF YOU TREATED YOURSELF IN THE SAME LOVING WAY YOU TREAT OTHERS?