



Photo by Catherine Jappouni Burkee

*Through Mid-Life & Beyond:
A Sacred Joyful Journey
with Therèse Jappouni*

What: A retreat for women approaching, in, or exiting mid-life. LIMITED TO 8 women.

Where: Indian Shores, Florida at the Gulf of Mexico

When: From 5:30 p.m., Friday, April 20th to 2:30 April 22nd

Cost: \$550. includes all materials, lunch on Saturday and snacks. I will let you know places to stay close by and prices.

Why? *Whether we acknowledge it or not, approaching 40 is a signal to our soul that we are ready to begin creating who we want to be and will be from that point on. The catch is that we often go into a "dark night of the soul," represented by the caterpillar going into the cocoon, where we must wait and dream and plan before we actually go on the journey. Changes will begin to occur with or without our permission. This workshop will take participants from the cocoon to the butterfly of purpose through HeartMath®, Sacred Feminine Visioning, Drawing, Writing, Heart Visualizations and much more. See www.UsisInstitute.org for more on Therèse.*

To register or for more information: Ttappouni@aol.com, 805-231-0184 or 727-593-3757 Deposit required by March 31st.