

**Vision Board-Collage Creation  
With  
Karla Lamley, MSN, FNPC, CCht  
Certified Transformational Life Coach  
Wake Up and Flourish In 2011**

**Saturday, December 11, 2010  
9:30 AM-5 PM**

As human beings we all want to express our dreams, desires and talents. Now, more than ever, we all feel the desire to wake up! We want to surrender to the realization of our true essence as spiritual beings by becoming compassionate witnesses to our genuine nature. Doing this, we can learn to live and flourish in radiance, without restrictions or limitations, to create the lives we desire.

Every day life reaches out, inviting us to be in relationship to everything that is. Sometimes these invitations present themselves as new opportunities. and at others times, they are demanding we let go of our old ways of being. No matter how the call to change comes, we need the necessary skills & ability to navigate the chaos and uncertainty that change can bring.

In this year's collage creation we will embrace and welcome the changes we wish to make in our lives. Together we will call in an energy that reveals a clarity and greater understanding of life choices and directions. Designing your collage from such a deep, meditative space, allows the collage itself to hold the power of your deeper awareness; it then becomes a source of wisdom, exploration and self-reflection that can be used throughout the year.

On our own, it is difficult to achieve the depth of awareness that we need in order to make real changes in our lives. But together we can transform and gain personal insights into our true nature as spiritual beings, giving us a clearer understanding of our life lessons. Through this new awareness we receive more light from our inner being, which allows us to evolve into our unique life path. Wherever you find yourself as we begin to close the energy of 2010, I invite you to open to what we are being called to create in 2011.

Please join us for a soulful, heart-centered journey and spiritual enrichment - truly a gift to yourself and to the world.

**Cost: \$50.00**

**Includes all of your supplies**

**You may want to bring additional pictures, images or magazines**

**Lunch will be on your own**

**Location: The Sweet Suite**

**1250 E Mesquite**

**Gilbert, AZ 85296**

**480-892-2640**



Karla is a Transformational Life Coach, Mentor and Healer with over 25 years experience in the field of human potential and spiritual growth. Karla has studied both Eastern and Western philosophy, which has helped to shape and develop her unique understanding, and ability to assist individuals to integrate a spiritual living-ness into everyday life. She works with both individuals and groups to assist in spiritual development and oneness consciousness.

**To Register for this group or to book a Life Coaching  
Appointment call: 602-509-0185**

**[Register Now](#)**

**\*\*\*Pre Registration is needed to ensure adequate supplies\*\*\***