

Spirited Woman

IMAGINE YOUR BEST LIFE

COURSE SCHEDULE

10.30 - 11	Introduction Relaxing Meditation What is Imagination and why is it important.
11 - 12	Gathering pictures, words, photographs etc to start to assemble your Imagine Board
12 - 1 pm	Assembling your Imagine Boards
1 - 1.30	Review your Imagine boards and discuss with group (if you wish), What Next and Follow up Course Close