

# ***Blaze Your Own Trail***

***A morning retreat for Women in Transition***

***Saturday June 4th 8:30 to Noon***

***At the Historic Ormond Beach Casements***

***25 Riverside Drive Ormond Beach***

***\$25.00***

***Are you feeling the weight of the "shoulds" in your life? Too busy to hear your inner voice? This morning is for you! Give yourself the gift of reflection, gentle movement and self care. Using nature as our guide we will explore ways to cultivate deep listening and blazing Your own trail.***



***Guided by Kathleen Moore, LCSW***

***Certified Retreat Coach,***

***Integrative Health Coach and  
Champion of Women in Transition  
of All Ages***

***Kathleen brings over 30 years of working with individuals and families in counseling, coaching and retreats. While focusing on healthy transitions, she brings her lighthearted perspective birthed from a life of big ol' mistakes, joyous triumphs, tears, laughter and the support of family and girlfriend hugs.***

**Information or Registration: (386)852-0399 by June 1st**

**<http://www.lightheartedlivingcoach.com/upcoming-retreats/>**