

A Summer Gathering A Time of Growth, Play and Freedom

Summer is a time of long days and short nights, brightness and warmth, friends, and days full of freedom and play! Yet for many of us we miss the gifts of this season because of busy schedules, on going demands and not creating enough space for ourselves.

Instead of burning out, imagine enjoying the richness of summer and relaxing into the ease and freedom that it offers. Come and learn how to bring balance into your personal and work life and deepen your wisdom around the art and craft of relationships.

At this retreat you will;

- Learn about your 'inner fire' and how to balance work, rest and play
- Discover four ways to strengthen and deepen your relationships
- Re-experience the child like joy of creativity and play.
- Deepen self trust and reconnect with the beauty of nature.

Date: July 25, 2015

Time: 8:30 am-5:00pm (nourishing lunch included)

Cost: \$149.00 by July 18, 2015
\$169.00 after that date

Where: The Franciscan Renewal Center
5802 E. Lincoln Drive, Paradise Valley, AZ 85253

Please join me for this special day long retreat. **Space is limited to 18.**
I look forward to having you there!

To register visit www.victoriacrawford.com/payment or call
Victoria Crawford at **602-870-0060** for more information.

VICTORIA CRAWFORD

Victoria Crawford is a certified personal leadership coach, and author of *The Art & Practice of Trust; Finding Your Way Through Uncertainty, Change and Transition*. She offers practical tools, inspiration and support to deepen trust, realize potential and move forward with courage, compassion and creativity.

www.victoriacrawford.com

