

Meaningful Living

If I'm so successful, why am I not happy? Explore why your current work may no longer be serving your life. Discover your higher purpose and how to live a "ful" life: peaceful, hopeful, joyful, fulfilled, grateful, blissful, plentiful and meaningful.

This Ki-Ri workshop will help you...

- Determine if you're doing what you are meant to be doing.
- Connect with your passion to discover your life purpose.
- Recognize the difference between ego-driven and spirit-guided living.

Kathy Evans-Palmisano, RN, CNM, MS, CPT Kathy is a suburban shaman, a modern day wise woman whose opinions on health and heart are sought out by people from all walks of life. She is a Registered Nurse (RN), Certified Nurse Midwife (CNM) and Certified Personal Trainer (CPT) with a Master of Science Degree, advanced Reiki certification, 25 years in experience in energy healing and 30 years in Woman's Health. In 2001 Kathy retired from administrative and clinical practice to follow her broader path as a healer and founded Kathy's Energy Program. Now known as Ki-Ri, her program provides group presentations and individual consultation including: energy therapies (Therapeutic Touch, Reiki, Quantum Touch), personal training, nutrition, stress reduction, transpersonal dynamics, team building, ceremony, and connecting to Spirit. This comprehensive program is aimed at maximizing an individual's ability to attain total health, and groups' abilities to maximize work performance, interpersonal dynamics and productivity. She believes that by leading us to and through transpersonal experience, will ultimately allow us to transcend intolerance and create a world where all life is respected and honored.

Date: Monday, September 28, 2009

Time: 6:30 – 8:30 PM

Location: Single Steps Strategies Conference Center
1738 North Highland Rd.
Suite G-103
Upper St. Clair, PA 15241

Cost: Members: \$10 Non-members: \$15

To register or for more information:

Email: info@singlestepsstrategies.com

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On the web: www.singlestepsstrategies.com

Payment is due in advance & confirms your registration.

