



RELATIONSHIPS DEEPENING YOUR CONNECTION:

QuickTime™ and a
decompressor
are needed to see this picture.

SUNDAY, OCTOBER 19, 2008, 1-4 P.M. \$49

With Monica Thakrar

Are you struggling with relationships in your life? Have you been trying to deepen your connections with others with limited results? Relationships are the crux of life and when you struggle in relationships you add stress and anxiety to your life. Studies have shown that strong relationships can enhance your well-being.

Come to this workshop and learn the basic principles of communication skills and conflict resolution as it relates to both personal and professional relationships. You will learn practical tools and techniques to use in all areas of your life. It will include group exercises and discussion.

Monica is a practicing life coach with Joyful Soul Coaching in the Northern Virginia area. She focuses on helping clients “de-clutter” their lives in order to live a joyful and fulfilling life.

Sun & Moon Yoga Studio
9998 Main Street, Fairfax, VA 22031
For more info, please call: 703-282-3295

Relationships: Deepening Your Connection -- \$49

Name: _____ Phone: _____
Address: _____ City: _____ State: _____ Zip: _____
E-mail: _____

Please make your check payable to **Joyful Soul Coaching** and mail your check and registration form to:
9852 Oakdale Woods Ct, Vienna, VA 22181