



“Embracing the JOY of being a woman!”

WHEN: Saturday, March 25th

TIME: 9:30 – 12:00

PLACE: 2515 – 39th Street, Des Moines

Dining & chatting: Brunch* will be served!

COST: \$25

“Lasting happiness cannot be found in pursuit of any goal or achievement. It does not reside in fortune or fame. It resides only in the human mind and heart...”

The Book of Joy, by The Dalai Lama & Desmond Tutu

What will we explore?

- *What lies beneath or within our psychological selves: Three Principles of Mind, Thought, & Consciousness*
- *How our real experiences come from within and not from our worldly circumstances*
- *The amazing recognition that in the midst of our individual beings that we all have the same internal challenges and capacities to be in a joyful state*
- *What we do or don't have to do to be more joyful*
- *The full joy of the sisterhood and how we may support our male brothers*

Register soon as limited space is available:

Please contact Scarlett Lunning with your name, contact information:

scarlett@lunningcoaching.com or call 515-314-8141.

****Please let Scarlett know if you have any food allergies or requirements.***