



## Join us for this women's workshop at the Daylesford Abbey April 11, 2015, 10am – 3pm

At times, we've forgotten or lost touch with who we REALLY ARE: naturally creative, resilient, and WHOLE women. Our Journey to Wholeness begins with seeing ourselves **clearly**. Our self-vision is very often tinted (or tainted) by pressures to conform to the world's standards of what it means to be a wife, mother, or 'good person'. We tend to see ourselves much more narrowly than God sees us!

In this workshop, we will explore key guideposts along our Journey to Wholeness:

- Encounter the Truth of who you are. Expand your thinking about our Self-Identity to include what God has to say about it!
- Shine the light on the disempowering words and messages that keep us separated from our Truth.
- Learn the language of Self-Affirmation, Self-Acceptance, & Self-Forgiveness.
- Explore the art of *Receiving*, both from oneself and from others. Our nature to *give* and *provide* must be balanced with receiving!
- Learn, laugh, pray, and grow within a supportive community of fellow travelers!

**Cost = \$30 and includes lunch, provided by Daylesford Abbey**



Our workshop leader is De Yarrison, CPCC. De brings her passion for healthy, happy families along with her 13-year track record in coaching and relationship development, for an engaging, growth-full day. She has created and led workshops and retreats for over 13 years and is consistently inspired by the power of group learning. She is currently in private practice as a coach and facilitator of bi-weekly women's circles.

De holds a BA in Psychology from Immaculata University, Professional Coach Certification from the Coaches Training Institute, and Certification in Gestalt Therapy from the Pennsylvania Gestalt Center. She is a parishioner at St. Mary's Parish in Schwenksville, PA where she sits on the Pastoral Council and is active in the music ministry. She blogs regularly at her website: [www.ConversationRevolution.com](http://www.ConversationRevolution.com).

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**To register:** Daylesford Abbey: 610.647.2530 ext. 133 or email [registrations@daylesford.org](mailto:registrations@daylesford.org)