

... All are Welcome!

“Synergy In Motion”
Relaxed Group Hike At the JMU Arboretum!

with Christina Kunkle, CTA Life and Wellness Coach, R.N.



Sunday, October 16th, 2011
2:00 p.m. – 4:00 p.m.

Where you'll Enjoy:

- A beautiful fall hike in the **JMU Arboretum** at a relaxed pace
- A walking meditation in the Labyrinth (be reassured there are no wrong turns or dead ends ☺)
- Guided Reflective “Letting Go” Exercise
- Complimentary Take-Home Coaching Tips (for Letting Go of things you feel no longer serve you)
- A Fresh Glimpse of what your heart really wants
- Amazing Synergy with strong & successful women just like YOU!

RSVP to Christina Kunkle by October 15th please
(540) 746-5206 or info@synergylifeandwellnesscoaching.com

Imagine the Crisp fall air, Fun, & Friendship

We'll be waiting for YOU on the Bridge down by the lake!
Bring: Comfortable Walking shoes, water bottle, notebook/journal,
pen, your open mind, and a smile ☺

“Climb the mountains and get their good tidings. “Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.” ~John Muir

