

Vision without action is fantasy. Action without vision is chaos.
~ Michael Bernard Beckwith

My Year in Preview ~ 2011 Visioning Playshop

Set Your Intention, Manifest Your Good

Are you ready for a powerful 2011?

**Join us on January 8th to set your intentions and
“preview” your coming attractions for the year**

In this inspirational, interactive workshop you will:

- Participate in guided meditation, visualization and visioning exercises to establish your vision for 2011
- Create your 2011 intention statement
- Learn daily practices that will
 - Help you release that which is no longer serving you
 - Anchor you in your intention for the year
 - Allow your vision to lead you
- Discover how to marry vision and action to manifest your good

When: January 8, 2011, 1pm-5pm

Where:

San Francisco Center for Spiritual Living
280 Claremont Blvd., San Francisco

Investment:

- **Early Bird Registration** through December 31, 2010 - \$49
- **Standard Registration** beginning January 1, 2011 - \$59

Workshop Facilitator:

Sumaiya Malik, RScP is a Practitioner at San Francisco Center for Spiritual Living

I dream my vision, then I paint my dream

~ Vincent Van Gogh

Register now at www.sumaiyamalik.com/MYIPplayshop