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EMPOWERMENT



Pause, Breathe and Create
Friday at 2 PM Pacific
August 7th 2020: Practicing Presence Igniting Adventure

"Adventure isn't hanging off a rope on the side of a mountain. Adventure is an attitude we must apply to the day to day obstacles of life." – John Amato Do you find your daily routines boring. Do you feel frustrated or irritated with your regular life focus? The focus of adventure can be different for each person. When you approach a new focus as an adventure, it can be challenging but it can also result in a higher feeling of energy and seeing things from a different perspective. It is stepping out of your comfort zone and finding something you love as you do something that you have not f

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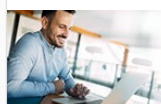


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