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EMPOWERMENT



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June 8th 2011: Relaxing Into Your Life

When you are agenda driven and your "I've got to get somewhere and get there fast" mind steps in, it can yank you from the flow of your life into the rapids of unwanted turbulence. And yet – relaxing into yourself and the natural rhythm of your day can allow simple little choices to have a profound impact on the quality of your life. Tune in as Ariel and Shya demonstrate how relaxation is a powerful tool for harnessing the flow of the river of life rather than fighting against it's current. Callers welcome!



Tune in

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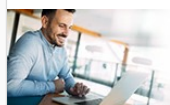
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