

*Lori Jayne*  
Holistic Life Coach

Tuesday

June 12, 2018

5:30 - 6:30 pm

Black River Falls Public Library



## Fully living Fully through your Heart

A transformational workshop with  
certified Holistic Life Coach

*Lori Jayne Carlson*

a BestLife Coaching Society  
member, instructor and coach.

Fully living fully through your heart is the only way to truly create and live the life you desire. No stress, no worry, no anxiousness...just happy and free to be you. Nothing will be the same from this point forward.

This FREE introductory workshop will teach you how to use evidence-based techniques and apply simple mindfulness practices in your life to help you release old thoughts and patterns of behavior that are not only keeping you from creating a life better than you can even imagine but also keeping you from the happiness, joy, love and abundance you deserve.

**Your heart centered transformation awaits you!**

Registration for this free workshop would be appreciated.  
Please call 715.284.4112 or register in person  
at the Black River Falls Public Library

This workshop is part of a three part "Traveling the Heart Space" series with Lori Jayne Carlson - Holistic Life Coach, being offered free at the Black River Falls Public Library. (Not necessary to attend all three sessions to see immediate life-changing results). For more information on how to bring this series or other transformational workshops to your organization, please contact Lori Jayne 319.651.7317.



**BestLife**  
COACHING SOCIETY