

Empowered Woman, Enlightened Life™

Living and Working to Your Highest Potential



Presented by
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The Inspiration Nurse

February 16-18, 2018

Hosted by
The Kripalu Center for Yoga & Health
Stockbridge, Massachusetts
Kripalu.org

An inspirational 3-day workshop that will leave you feeling empowered and ready to take action!

Master the art of reinvention, at any age or stage of life. As your family, health, and work evolve, it is vital to reexamine your goals, your happiness quotient, and your heart's deepest desires. Come answer the questions: "What's next for me?" & "How do I get there?"

During the workshop, you will create a customized life plan to keep you energized, engaged, and excited in a weekend that teaches you how to—

- Move from fear to freedom
- Create positive momentum in your life and work
- Triumph over fear, self-doubt, disappointment, and heartache
- Live fully and authentically
- Use past failures as springboards for future success
- Develop direction and the courage to move forward
- Build confidence and personal power

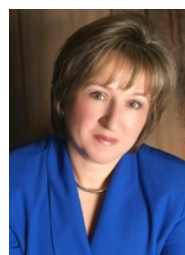
During your stay at the Kripalu Center, you are also invited to enjoy—

- Yoga classes, massage & healing arts
- World-class natural foods cuisine
- Hiking and walking trails, and much more!



Space is limited so register early!

For more info and to register,
visit Kripalu.org or call 866.200.5203



Donna Cardillo, RN, MA, CSP, The Inspiration Nurse, is a healer, teacher, and respected keynote speaker. An expert blogger at DoctorOz.com and the author of four books including *Falling Together - How to Find Balance, Joy, and Meaningful Change When Your Life Seems to be Falling Apart*.