



- ◇ *Are your thoughts thick with clutter?*
- ◇ *Does the chaos of your busy life consume your energy?*
- ◇ *Have your dreams and goals gotten lost in the disorder?*

*Then it is time to spring clean your life so...*

*Join us on 17<sup>th</sup> May for our 1 day InShineOut introductory workshop where we work together to spruce up on the inside and spring clean your life. This thought provoking and inspiring day helps you dust the cobwebs from your mind and makes way for those positive thoughts and tools to help you figure out what you really want from life and get you ready for your best summer ever.*

We are facilitating this innovative and thought provoking workshop on: -

930am – 430pm Saturday 17th May 2014

At Malone Lodge Hotel

Belfast. BT9 [www.malonelodgehotelbelfast.com](http://www.malonelodgehotelbelfast.com)

**Places are limited so please register your interest by contacting**

**Sharon James [Sharon@InShineOut.com](mailto:Sharon@InShineOut.com) Tel: 07730 620 073 or [facebook.com/InShineOut](https://www.facebook.com/InShineOut)**

*The Road Not Taken*

*"Two roads diverged in a wood, and I, I took the one less travelled by and that has made all the difference" Robert Frost*