

“Learning to Walk in Spiritual Growth”



HOLISTIC ALTERNATIVE SOLUTIONS RETREAT AND SPA  
Invites you to join us in a five session class

**ACHIEVE HAPPINESS EVERYDAY**

Instructor: Dr. Colene Allen

**Class:**

**Achieve Happiness Everyday**

In this class you will learn to use meditations and guided imagery and the ancient ways of Aryveda healing and breathing methods.

It will teach you how to be happy and achieve in any circumstance you may be in; drama, sadness, joy, peace, financial and more. These teachings can be used any time any where from seconds to hours, your choosing



**When:**

Classes begin **February 26, 2011**  
They will be from 10 am to 1 Pm every other week for five classes

**Cost:**

\$25 per class A one-time fee of \$10 for the work book.

If paid in advance the cost will be \$110.00 a savings of \$25.

No refunds after class begins.



**Dress in comfortable clothing.**

**Come – Enjoy - Refresh**



Tea will be served along with refreshing snacks.



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