



Your Empowerment Source

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Make the summer last...



Remember to visit our website:

www.ArtofEmpowerment.com

Please note that effective July 1, 2010 our fees will be subject to HST (13%).

What we do:

We work with children & adults to address a variety of issues including:

- Personal Growth and Self Development
 - Motivation
 - Weight Reduction
 - Smoking Cessation
- Sports & Performance Enhancement
- Stress Reduction & Management
 - Fears & Phobias
- Self Esteem & Confidence
 - Public Speaking
- Anger Management
- Parenting Issues
- Communicating With Your Children
 - Improving Fertility
 - Sleep Disturbances
 - Public Speaking
 - Performance Anxiety
 - Parenting Workshops
 - Corporate Workshops

and much more...

This newsletter is published quarterly. If you wish to unsubscribe, please follow the instructions below.

Many of us look forward to summer like children look forward to birthdays. Yet, when summer finally arrives we often find ourselves knee deep in home improvement projects, juggling busy social calendars, or complaining about the heat and traffic. Before you know it, summer has vanished into thin air and September has arrived.

So how do you make the summer last?

Savour every moment.

Instead of looking forward to the weekends, find ways to enjoy every day. If you dare to turn off your A/C and sleep with your windows open, you may awaken to the cacophony of birds. To appreciate the heat and humidity, remember how much you pay to experience the very same during cold winter months. Immerse yourself in the glory of nature by taking walks in your neighbourhood or by eating a meal outside. There is much to appreciate even in inclement weather: if you stop to look, you may notice that the world seems to blossom and glow in the aftermath of a cleansing rain shower.

This simple technique of savouring every moment, of finding some small joy in every day, of making peace with where you are, wherever you are...is called mindfulness. Mindfulness is the antidote to living busy, unconscious, stressed out lives. We challenge you to try it and notice the difference...

We would love to hear from you, so email us at info@artofempowerment.com and let us know about your mindfulness experiences.

And remember to enjoy the journey of your new adventure this summer!

Sarla and Franca

p.s If you know anyone who may benefit from this newsletter, please forward it. Thank you!