

Space Lift

Organize Your Life: Head, Heart, Home



Whatever clutter or resistance you need to tackle but have avoided,
this Seminar offers Basic Tips & Tools:

- * Handle resistance
- * Chaos to Order
- * Spring clearing

Bring Your Friends, Family & Challenges!

Friday, April 18, 6:00-8:00pm

Maui Academy of the Healing Arts, 310 Ohukai Rd., Suite 318, N. Kihei (near Tesoro)

Advance RSVP - \$25; (\$30 at the door); cash only

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Gylian Solay, MS, brings 40 years of organizing everything from community events, to homes to personal lives. With a degree in Mental Counseling and as a Certified Yoga Instructor, she offers ways to stay on top of things and to handle stress during the shift to clear your physical and mental space, and lift your spirits.

