

Discover the life you seek

What do you long for in this one precious life?

How can your dreams become your reality?

What is your life worth to you?

This retreat is an opportunity to shape your future through time set aside for presence and engagement with self and others. By joining other seekers in a professionally facilitated exploration of creative, conscious living, you begin a path to well-being that is uniquely yours.

Saturday January 20 2018

10:00 am-4:00 pm

Santa Barbara, California

COST: \$195 INCLUDES LUNCH

*Join us in this one day retreat in connection with yourself
through conversation, imagination and group support*

Discover and create the life you seek

Facilitated by Dr. Elizabeth Wolfson, experienced psychotherapist and teacher in helping others make the most of their lives.

For information and registration contact: Elizabeth Wolfson, PhD, LCSW

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Registration Deadline: Dec 20, 2017