



“Amazing Women Awakening” Retreats series presents a
Co-creation by Tina Dias and Ayelet Magen:

Injecting More Love into Your Life!

... Is love what you are ‘being’?

What do I love? How is love serving me in my life? Who do I love? Do I feel love? Am I capable of love? How do I love? Where do I seek love? What is true love to me? What happens when I choose love? How can I have more love in my life?

*Join me and other **amazing women** in this inspiring and introspective half day retreat on expanding your awareness of love, connecting to love and choosing love to live a better life!!!*

When: Sunday, February 28th, 2010 from 8:30 to 12:30 (Breakfast: 8:30)
Please wear comfortable clothes and bring a comfortable pillow to sit on!

Where: Penninsula Ridge Winery, ‘The Coach House’ Beamsville

Cost: \$45 (includes GST and a healthy breakfast – limited to 30 participants)

How to register: Secure your space at coach@tinadias.ca or call 289-362-2747



Tina Dias ACC, Life Design Coach, located in the Niagara Peninsula, Ontario, Canada, is an ICF Associate Certified Coach, Trainer, Speaker and Retreat Leader. Tina has designed a series of ‘*Amazing Women Awakenings*’ Retreats that provide women a secure place where their voice is heard and their personal development and growth is cultivated, empowering them to rediscover themselves, awaken their senses and better design and live the life they want.



Ayelet Magen is a Certified Professional Co-Active Coach - **Sig Soog COACHING & CONSULTING** based in Toronto. Ayelet believes personal coaching can help you realize the potential that we all contain but often overlook. By providing tools and techniques to move forward, align and clarify goals, build better leadership skills and relationships, a customized coaching plan can help you achieve your potential for greater success and balance in life.

‘Let us always meet each other with a smile, for the smile is the beginning of love’.
Mother Teresa