

If you are too **busy** to read this poster, I might be able to help...

Whew, but life gets **crazy**, doesn't it?! Busy! A list of to-do's that just never seems to fit into the day. Why am I always rushing someplace?

"Does it have to be this way?", we ask ourselves as we hurry around.

And we find ourselves struggling to find time for the joyful, spacious things:

- coffee with friends
- playing with our kids
- a movie with somebody special

I think there is one HUGE idea missing from how most people see and schedule their time. Time management is about creating **BLOCKS** of time. Time **Enlightenment** is about planning **ENVIRONMENTS** in which great things happen. This creates a very different experience of the exact same day.

Let me give you a **sneak preview** of one thing almost ALL of us do wrong in planning future events, such as a vacation: We plan blocks of time and activities. Yet happiness does not happen in blocks - it happens in **moments**.

We might plan a 2 week vacation - thinking that will make us happy. Yet it may not. The reason - we need to plan the future in the same way we would plan a garden - by creating the right conditions for **happiness** (and joy, and growing, and laughter... you get the idea) to sprout up naturally. Join us to create a new landscape for yourself which will grow great new memories.

The Time **Enlightener** Workshop - your Calendar is about to make you smile.

When: April 29th, 6:30-9:30pm
Where: RiverSound Retreat, Fergus
www.rasayana.ca
How much: \$55
Pre-Registration Required:
jill@rasayana.ca or 519-843-5900.

Facilitator: Alex Baisley
Chief Life-Renegade at the Big Dream Program
www.BigDreamProgram.com

