



A chance to explore your personal boundaries!

Each of us hopes to be liked and loved. So, we often do things that our inner Essence tells us are not what we want to do, are not in our best interest, and may even be harmful to us.

- Do you want others to value your time, expertise, and energy more?
- Do you continue to say “yes” whether you want to or not?
- Do you “do” for others regardless of your own health or financial concerns?
- Do you feel “taken advantage of” by partners, friends, and family?
- Are you often talked into taking a lesser fee, or feel you are charging too much?
- Is your salary less than others in your position?

If you answered YES to one or more of these questions, this exploration can help you change how others relate to you.

WHAT - A live, full day Workshop, personally led by Bonnie Salamon and Judy Keating

WHEN – Saturday, June 10, 2017 9:30a.m.-5p.m. Pot luck lunch. Drinks/snacks provided.

WHERE – Home of Bonnie and Steve Salamon 3540 Deep Cove Drive, Cumming, GA 30041

COST --\$119 – Go to <http://autumnsfire.org/boundaries-workshop/> to make payment via Paypal or send check to above address payable to Bonnie Salamon. Directions to the event are also at this link.

WORKSHOP TOPICS INCLUDE:

- What Are Healthy Boundaries and Why Are They Important?
- Saying “No” Without Guilt and Being a Good Person Anyway
- Exploring Physical, Emotional, Relational, and Spiritual Boundaries
- Energetic Boundary Syndromes: We All Have Them — How to Recognize Yours
- Healing Tools for Boundaries
- The Elemental Boundaries



Facilitator Bonnie Salamon believes that there are ESSENTIALS to consider as mid-lifers and beyond chart their course to create a richer later life well-lived. She includes in her offerings the practices of **Successions – Pathway to Blissworkshops, Natural Rhythms Co-creation** circles, as well as **Priest/ess and High Priest/ess** group facilitation, and other key teachings such as energy work through Catalyst and Energetic Anatomy. She is also a Spiritual Companion and Life Cycle Celebrant. She's a wife of 49 years, mother and grandmother and has found, through these practices the joy, peace, and fulfillment of decades of her inner work. To learn more about Bonnie go to autumnsfire.org..



SPECIAL Guest Facilitator: Judy Keating, M.A. is the Chief Visionary Officer of Inner Life Coaching. Judy is an author, facilitator, and coach who believes that clear, healthy boundaries give you more vitality, joy, and focus to create the life you truly desire. She is a grounded and wise guide to assure you are true to you. To learn more about Judy go to www.innerlifecoaching.net .