

LYFE WELLNESS | LYFE Practice

www.lyfeyogacenter.com

In order to Let Yourself Find Enlightenment (LYFE), engaging in a routine practice is essential. When we awaken to a new way of being in the world - every moment of our lives can become The Practice. LYFE Wellness wants to support you in finding healthy and meaningful ways of engaging in practices that support your journey and healing in this world. For 2014 we would like to offer a series of LYFE Practices, Friday night mini-workshops for supporting your personal growth.

Please scroll down to see the 2014 offerings and registration information.

All workshops are facilitated by Shelly Sowell, M.Ed., Integrative Wellness Practitioner
www.shellysowellwellness.com

LYFE Practice | January 31, 2014

FRIDAY NIGHT 7:30 PM

Moving from Intention to Meaningful Action



To mindfully set an Intention is a powerful act.

It requires stillness, awareness, contemplation, honesty, and a commitment to meaningful action. We will create a safe space for you to reflect on your needs and to identify the blocks/beliefs/patterns that are holding you back.

Through this process we can take intention and move into creation.

No matter where you are in life, this Practice may serve your journey in transforming obstacles into the energy of flow and worthiness.

Shelly Sowell, Integrative Wellness Practitioner, will facilitate this 90 minute workshop that includes guided meditation, an intention-exploring exercise, and voluntary discussion time. It will be a night of renewal and awakening - a great way to move forward into the new year.

This event is full. Please scroll down to see future offerings.

LYFE Practice | February 28, 2014

FRIDAY NIGHT 7:30 PM

I AM WORTHY: a practice in mindfully listening to the thoughts that tell us otherwise



Our needs, wants and desires permeate everything - every choice we make or don't make.

What is the difference between acting from a place of worthiness and unworthiness, consciousness and unconsciousness? What is driving the WAY we go about meeting our needs or denying them? How do we see clearly the voice of the critic that can sometimes rule our lives? This LYFE Practice is a decision-making tool that will change the way you see your process, and help to manage the internal Critic. Shelly has taught this Practice for over 10 years and has had many people share that it has changed their lives in amazing ways.

Shelly Sowell, Integrative Wellness Practitioner, will facilitate this 90 minute workshop that includes being guided in meditation, learning a decision-making tool, and voluntary discussion time. We hope you can join us. Registration is required and it will be closed after 35 spaces are filled. These classes fill quickly. No meditation or yoga experience necessary. To register, please visit <https://client.mindbodyonline.com/ASP/home.asp?studiod=30193>.

LYFE Practice | March 21, 2014

FRIDAY NIGHT 7:30 PM

Rescue Me: a practice in Restorative Care



How often do we wait on some external force to fix or change our lives?

When this happens it will all be better. If I could just get to this new job or if this person would just love me right, I will finally feel safe. Or, do we ignore our needs altogether in the name of helping everyone else? Can't that person see I'm trying to help! If they would just change...and I'm trying so hard to help them!

We could wait for years before we feel better if we are waiting on something to change that is outside of ourselves.

This night is devoted to making our lives better from the inside out. We will practice skills that help us to develop peace in the midst of chaos and reconnect us to our authentic self. From an awakened space, we see clearly our needs and meet them with confidence.

Shelly Sowell, Integrative Wellness Practitioner, will facilitate this 90 minute workshop that includes guided meditation, a tool in restorative care, and voluntary discussion time. We hope you can join us. Registration is required and it will be closed after 35 spaces are filled. These classes fill quickly. No meditation or yoga experience necessary.

To register, please visit <https://client.mindbodyonline.com/ASP/home.asp?studiod=30193>.

LYFE Practice | May 9, 2014

FRIDAY NIGHT 7:30 PM

**Nothing Matters More than the Heart:
a practice in tuning in to our deepest wisdom**



photo by Lindsay Vaughn, art by Mary Agee

The heart space is more than our feelings.

It is our most vulnerable *and* powerful place--the foundation for what we give and receive in the world. Our creativity, our connection, our meaning-making, our passion, our vision--all become cultivated in the brokenness (and broken-wide-openness) of the wise heart. This Practice will be dedicated to safely opening and seeing clearly our heart space and expanding our capacity for generating wisdom.

Shelly Sowell, Integrative Wellness Practitioner, will facilitate this 90 minute workshop that includes guided meditation, a life skill in heart awareness, and voluntary discussion time. We hope you can join us. Registration is required and it will be closed after 35 spaces are filled. These classes fill quickly. No meditation or yoga experience necessary. To register, please visit <https://client.mindbodyonline.com/ASP/home.asp?studiod=30193>.

LYFE Practice | June 20, 2014

FRIDAY NIGHT 7:30 PM

I Release All that No Longer Serves Me: a Practice
in letting go of our automatic programming



The Differentiation Process is one of the most important acts of power we can engage in. When we mindfully witness our life, we can see all of the programs, energies, habits and story lines that are put upon us. We can make conscious choices about what we want to keep and what we need to release. This Practice is a great starting point in learning how to integrate the past while letting go of the parts that are not helpful. Shedding the past that no longer serves us allows for a deepening of present moment awareness on our Authentic Path.

Shelly Sowell, Integrative Wellness Practitioner, will facilitate this 90 minute workshop that includes guided meditation, a differentiation process, and voluntary discussion time. We hope you can join us. Registration is required and it will be closed after the first 30 spaces are filled. No meditation or yoga experience necessary. To register, please visit <https://clients.mindbodyonline.com/ASP/home.asp?studioid=30193>.

LYFE Practice | August 29th

FRIDAY NIGHT 7:45 PM

I LET IN THE LIGHT



Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in.

-Leonard Cohen, *Anthem*

We all have a story. Joy, love, transition, pain, lust, heartache, contentment, sorrow, healing, excitement, fear...all part of being human. So how much do we open to this human experience? If we close off to feeling one thing, we close to feeling all things. The integration, healing, wisdom can be found in the opening. But it can be incredibly difficult, even feeling impossible at times, to trust that releasing our resistance can move us from pain into healing. Please join us for an evening of honoring our stories and allowing the deep wisdom from our human experiences to settle in.

Shelly Sowell, Integrative Wellness Practitioner, will facilitate this 90 minute workshop that includes guided meditation, a practice in opening, and voluntary discussion time. We hope you can join us. Registration is required and it will be closed after the first 30 spaces are filled. No meditation or yoga experience necessary. To register, please visit <http://lyfeyogacenter.com/Workshop.asp>.