*How might your life be different if there was a place for you to go*

*To be nurtured, to cultivate a sense of self, a deeper knowing of and connection to your deepest truest self*

*To find the place within where you feel centered, calm and confident*

*To see the possibilities in yourself and your life no matter what your circumstances*

*To feel safe in opening your heart, trusting your inner wisdom*

*To be present in the beauty and joy of life*

*To take a leap of faith and live into your dreams?*

**Self-Care, Self-Discovery, Self-Expression**

***Time For You Tuesdays 6-8pm***

*A Place for You to heal, learn, discover and get in touch with your authentic, creative, joyful self. Here you will learn to merge your true being, desires and passions into your everyday life and live a life you love.*

Each Tuesday at The Mermaid’s Purse the **Time for You Women’s Group Life Coaching Sessions** will provide you with techniques, strategies and actions that honor, support and nurture you to make time for yourself and your passions in your life, fully experience your life through joy while creating the life you desire.

Each week will focus on a different topic of self-care/self-nurturing, self-discovery and self-expression. You will share your journeys together offering each other encouragement and support.

Sessions are guided by Cathy Teoste, Transformational Life Coach and Author. Cathy’s personal life experiences, education and passions come together to create a unique approach to helping women heal past wounds, become connected to their authentic self, follow their passions and dreams and live a life in the present moment enjoying and experiencing life fully and completely.

Cathy is the Author of *Dancing on the Beach* and *Through the Woods to the Sea: A Journey of Becoming Me*

***August 21 –Make Room for You in Your Life: Strategies for Making Time for Yourself in Your Overflowing Life.***

***August 28 – Being Present: Mindfulness for Everyday***