



life by design

***is an eight week group devoted to women at a crossroads —
a time of transition and possibility.***

This is about moving you from where you are now to where you want to be, and is for any woman who is ready to go on an inner journey of self-rediscovery.

**This Is Your Possible Life:
Design the Life of Your Dreams and Find the Courage to Live It!**

When: Tuesday evenings
Time: 7:00 - 8:15 pm
Where: Morro Bay
Cost: \$40 per session

In a small, intimate setting, you will:

- Learn to hear your own wisdom about who you really are
- Learn to trust your own wisdom about what you really want
- Learn skills for accessing your own personal power
- Gain the vital focus to achieve more of what you want
- Make better decisions because you know what's important to you
- Have more possibilities because you have more clarity & purpose
- Learn how to create a vision and a plan for YOUR Most Possible Life

The innovative curriculum for this group is designed by Dr. Kathy Murphy, Ph.D., author of Your Possible Life. Limited to six participants. Please call for more information and to sign up:

805.316.4567

www.therapyinsanluisobispo.com

elizabethkarshmft@gmail.com

I am a Licensed Marriage and Family Therapist. My approach is informed by my background in mindfulness and breath work and additional training as an E-RYT yoga teacher and Relax and Renew Restorative yoga trainer.

Elizabeth Karsh, LMFT #94680

