

Are you ready to design your

Dolce Vita?

Are you living a life of passion? Are you living your "sweet life" - one in which you love what you do and do what you love? "Dolce Vita" means sweet life, a life of meaning, fulfillment and abundance according to your definitions.

Do you have a vision of what your *dolce vita* looks like but haven't been able to focus on making your vision a reality? Do you need some time and guidance to create your template for success?

If so, plan to attend one of *La Dolce Vita Retreats'* signature workshops here in Southern California! In a creative and supportive atmosphere, among a small group of women, we will explore 5 basic questions:

- What do you truly want?
- What about this is important to you?
- What steps will you take and when?
- What else?
- What's next?

Whether a series of 5 evening classes or a one-day Saturday workshop works best for you, we have several options from which to choose in June, July and August.

Each workshop is limited to 10 participants so reservations will fill quickly.



3350 Watermarke Place
Irvine, CA 92612
www.ladolcevitareretreats.com

E: janicebriggs@ladolcevitareretreats.com
P: 949.553.9496
M: 310.722.1604
F: 949.242.2480



La Dolce Vita Retreats

Workshops
and
Series Classes

Summer 2010

Janice Briggs

Life Coach, Workshop Facilitator &
Certified Yoga Instructor

Monday Evening Series

This series is a five week discovery workshop led by Life Coach, Janice Briggs, that will give you the tools and the confidence to create the life you want to live. Using the *La Dolce Vita Retreats* method, each week we will focus on one of the steps outlined in Janice's book, *Embracing the Butterfly Principle: 5 Steps Towards La Dolce Vita*

Designing the life you want to live requires self-exploration awareness of what brings meaning to your life. It means being honest with yourself and your needs, as well as challenging your fears. This series provides an opportunity to imagine new possibilities and re-explore past interests. With guidance, strategic planning and implementation of certain actions you will begin your journey towards designing your life plan.

Monday Evening **Series #1:** June 7, 14, 21, 28, July 12*

Monday Evening **Series #2:** August 2, 9, 16, 23, 30

Cost of either Series: **\$295.00**

**To Register, call 949-722-1604
Or email janicebriggs
@ladolcevitaretreats.com**

Limited to 10 participants per class. Call now to reserve your space!



Saturday Workshop#1:

July 26th 10:00 am – 4:30 pm

Saturday Workshop#2:

August 14th 10:00 am – 4:30pm

This one-day workshop led by Life Coach, Janice Briggs, will give you the tools and the confidence to create the life you want to live. Using the *La Dolce Vita Retreats* method, each week we will focus on one of the steps outlined in Janice's book, *Embracing the Butterfly Principle: 5 Steps Towards La Dolce Vita*

Cost for either one-day Saturday workshop: **\$275.00**

5 steps towards "la dolce vita" Wednesday Evening Series

2010 Wednesday Evening Series: This series is a five week discovery workshop led by Life Coach, Janice Briggs, that will give you the tools and the confidence to create the life you want to live. Using the *La Dolce Vita Retreats* method, each week we will focus on one of the steps outlined in Janice's book, *Embracing the Butterfly Principle: 5 Steps Towards La Dolce Vita*

Designing the life you want to live requires self-exploration awareness of what brings meaning to your life. It means being honest with yourself and your needs, as well as challenging your fears. This series provides an opportunity to imagine new possibilities and re-explore past interests. With guidance, strategic planning and implementation of certain actions you will begin your journey towards designing your life plan.

Wednesday Evening **Series #1:** June 2, 9, 16, 23, 30

Wednesday Evening **Series #2:** July 28; August 4, 11, 18, 25

Cost of either Series: **\$295.00**