

AUTUMN EQUINOX

MEDITATION & CIRCLE DANCE

WITH ISABEL CONTRERAS & JOANNE FREEMAN

21 September 2010
At 19:00 followed by refreshments



LETTING GO

Life is a cycle and re-cycle of events and experiences. The Autumn Equinox is the counterpoint to the Spring Equinox. Autumn is when things begin to shed, and the growth which was young in spring is now matured. In the autumn, this energy is drawn down into the Earth.

It is a time of letting go and making order in our life. Outwardly, the leaves are drawn off the trees. Inwardly, we experience feeling drained. But the good news is the experience of change in energy within and around us. That is one of the purposes of the seasons, to be different from all the others so that we notice

changes we might not have if everything stayed the same. It is a time of letting go and making order and get rid of the old.

Dancing in a circle is an ancient tradition common to many cultures for marking special occasions, strengthening community and encouraging togetherness. JoAnne will lead a selection of dances from both ancient and contemporary sources.

Join us to celebrate the equinox. It is the month of World Peace too.

Place: at Life Motivations ~ Price: Free

RESERVE YOUR PARTICIPATION — Places are limited.

info@lifemotivations.ch—022 774 33 48



Life Motivations



Isabel Contreras: founder of Life Motivations, Leader certification trainer, Counsellor and Coach.

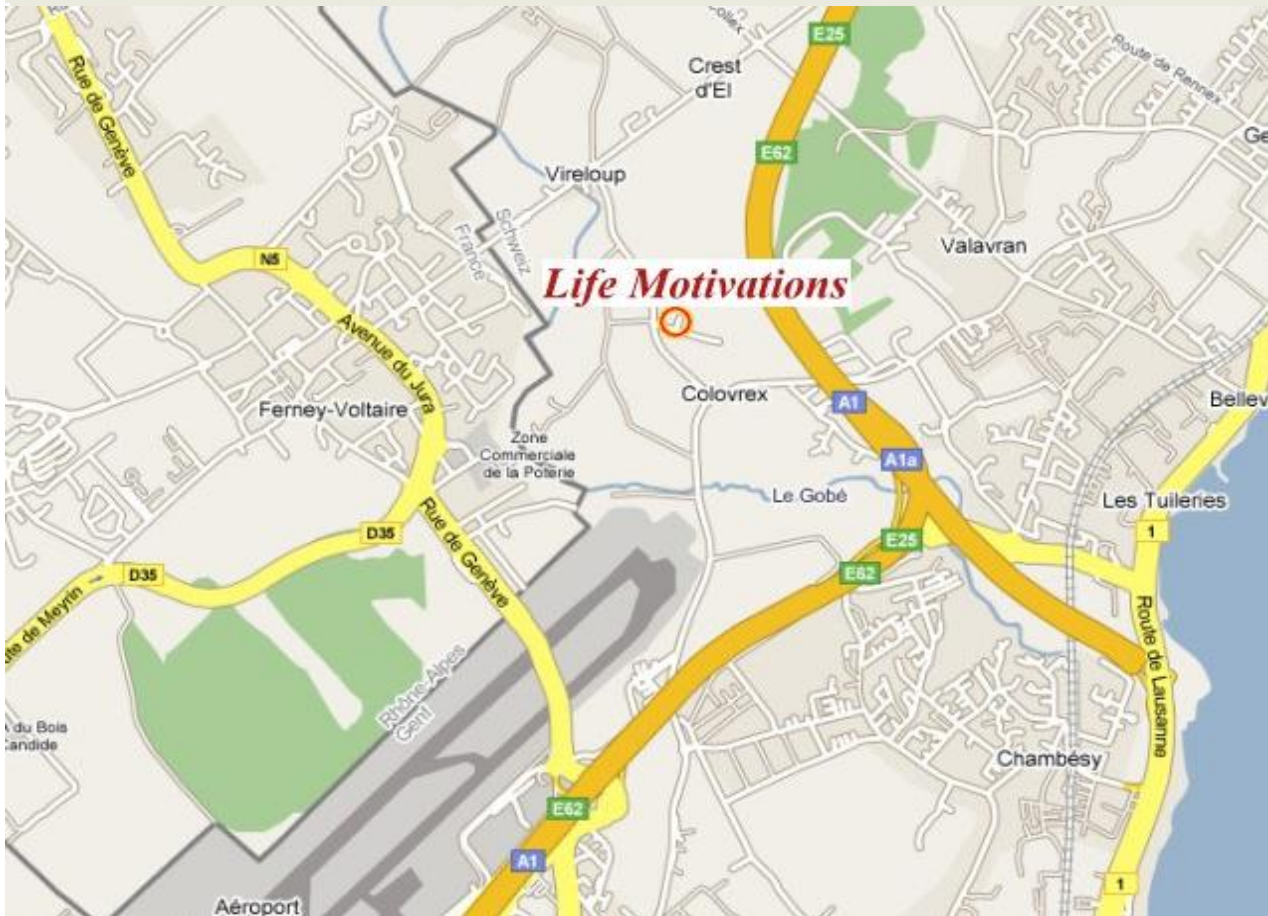
JoAnne Freeman: organization and leadership development trainer and meeting facilitator. To know more about JoAnne, visit her at www.swimupstream.ch.



DIRECTIONS TO LIFE MOTIVATIONS

5 CHEMIN DE LA RADIO
1293 BELLEVUE

022 774 33 48—www.lifemotivations.ch



A) From Place des Nations:

1. Follow Route de Ferney, passing the Intercontinental hotel
2. In Gd-Saconnex, 1.7 km from ONU, turn right at traffic lights (direction Collex, Colovrex, Chambésy, Prégny)
3. At roundabout (at HERTZ car rental), continue direction Collex for another 1.8 km to Colovrex
4. Just after the Colovrex signpost, make a sharp right turn onto Chemin de la Radio (opposite bus Z stop Planetq)
5. Drive 50 m and turn left (white house) and park in the rear of building. Life Motivations is at back entrance

B) From Motorway :

Coming From Lausanne:

1. When approaching Geneva, follow signs for Airport/France and take the Ferney/Gd-Saconnex exit (N°7 exit)
2. Go straight through traffic lights and follow directions for Collex for 2km to Colovrex. Then same as A 4-5

Coming From Airport:

1. Take the Ferney/Gd-Saconnex exit (N°7 exit)
2. At roundabout, follow directions for Ferney
3. At first traffic lights, turn right and after 0,6km, at next traffic lights, continue direction Collex for another 1,4km to Colovrex. Then same as A 4-5

Or take the Z Bus, and get off at stop PLANET