

SUMMER SOLSTICE

MEDITATION & CIRCLE DANCE

WITH ISABEL CONTRERAS & JOANNE FREEMAN

21 June 2010

At 19:30 followed by refreshments



THE LIGHT

Come and join us during the longest day of light, clarity, insight and joy. Once again, life is a motivation and this is a time when the powers of light are at their greatest, giving clear sight. This is an ideal time to meditate on gratitude and re-examine our life's purpose and dance.

Dancing in a circle is an ancient tradition common to many cultures for marking special occasions, strengthening community and encouraging togetherness. The circle is probably the oldest known dance formation. It is found even today in the community dances of many cultures, including Greek, African, Eastern European, Israeli, Serbian, Irish Celtic, Breton, Catalan, South American and North American Indian. JoAnne will lead a selection of dances from both ancient and contemporary sources.

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.

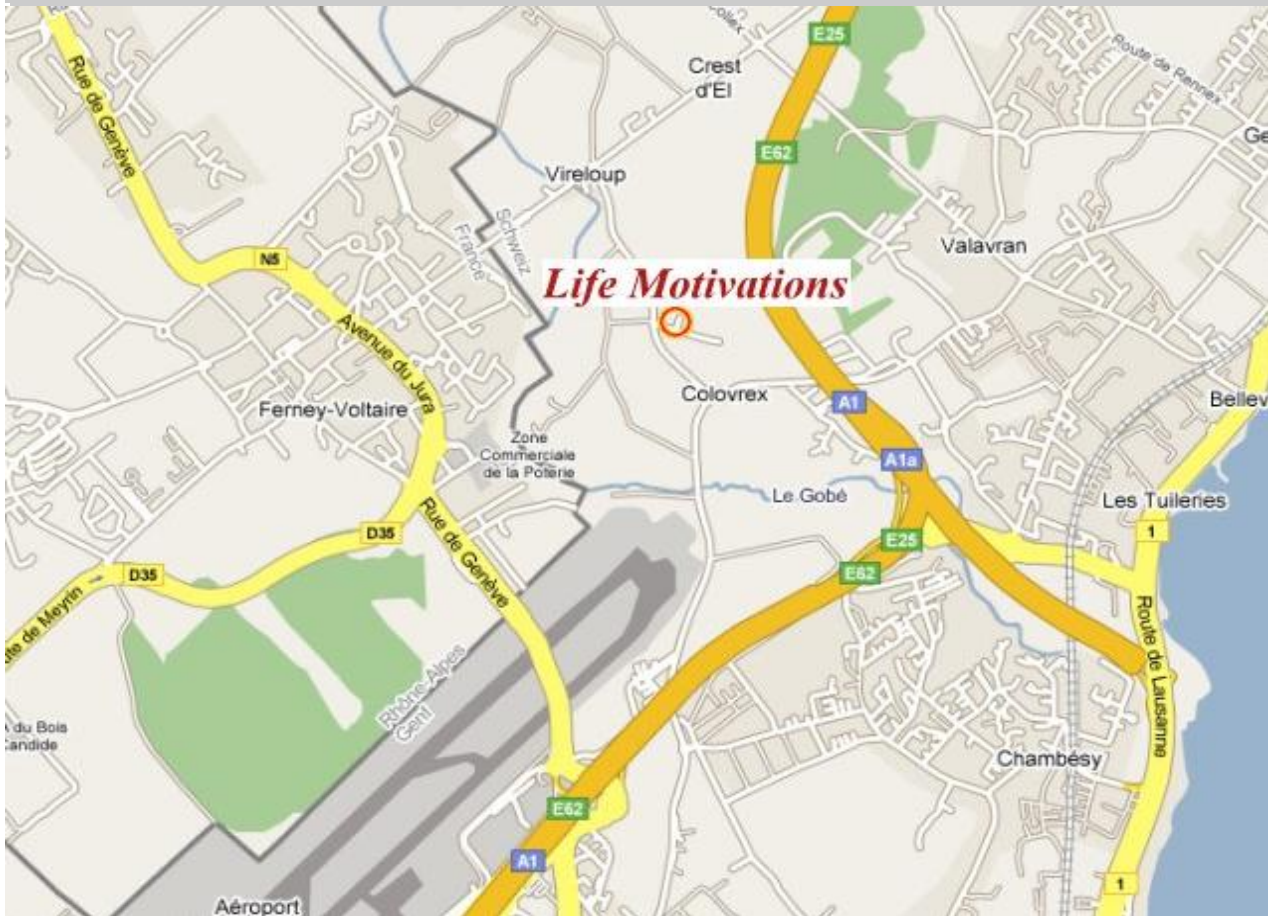
JoAnne Freeman: organization and leadership development trainer and meeting facilitator. To know more about JoAnne, visit her at www.swimupstream.ch.



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