



The Art of Living

Listening and the Power of Presence

- *Imagine being so present that it is not possible to be anxious.*
- *You notice that you seem to have enough of everything; time, money, love.....*
- *You become more effective and wiser simply by learning to listen in a new way.*
- *Time seems to be an ally, not an enemy*



This sort of high-level functioning is available to anyone who will take the time to understand the leverage points or principles behind the human experience. Take a mini-break and join us for this one-day workshop in the hills above Danville as we explore just how to begin this journey of discovery and leadership.

Where: San Damiano Retreat Center

When: Friday, February 19, 2010

9:30 am to 3:30 pm

Tuition: \$175, includes buffet lunch

Listening and the Power of presence begins with the premise that all of us want to connect, serve and experience well-being. The insights developed during this workshop will solidify your own confidence, will return you to your innate wisdom, and will have you see options other than stress and pressure. People report a new sense of hope, faith and clarity from this one day workshop.

There are fine things which you mean to do some day, under what you think will be more favorable circumstances. But the only time that is surely yours is the present, hence this is the time to speak the word of appreciation and sympathy, to do the generous deed, to forgive the fault of a thoughtless friend, to sacrifice self a little more for others. Today is the day in which to express your noblest qualities of mind and heart, to do at least one worthy thing which you have long postponed, and to use your God-given abilities for the enrichment of someone less fortunate. Today you can make your life - significant and worthwhile. The present is yours to do with as you will.

Grenville Kleiser

This is the fourth in a series of quarterly workshops. Other Workshop titles are:

To register, please send a check to:

The Art of Living, Inc.

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Walnut Creek, CA 94597-2555

Or call (925) 408-8422

Eliminate Stress w/o Eliminating Your Life

May 21, 2010

Leveraged Leadership

July 30, 2010

Resilient Relationships

Nov. 5, 2010

Tuition for each workshop is \$175.

Series price is \$550.