

The Spiritual Lifestyle Program

Line up your life with who you are NOW!



How to live a spiritual life in the material world.

This year-long program will impact and improve every area of your life.

- Develop a lifestyle that gives you time for meditation, family and friends, work, your well-being, and rejuvenation.
- Learn tools to live your life from what is most important to you, without stress and overwhelm.
- Set up the environment that you live in, so that the truest part of you can thrive.
- Learn how to manage time, simplify, organize and beautify.

Structure

The structure includes instruction and practical tools within a program that we present monthly, support from coaches to succeed with your intention, and a small group meeting once a month with your coach.

Dates

The kick-off call is Saturday, January 6, 2024 from 11:00 am – 3:00 pm MT. This program will complete in December 2024.

Cost

The tuition is \$145/month for the year long program. Space is limited to 20 people.

To register or for more information

contact Sheryl (954) 815-7555 or Sheryl@heartofthematterretreat.org



Heart of the Matter
TRANSFORMATION