

SOLID GROUND IS PROUD TO PRESENT NATIONAL BESTSELLING AUTHOR AND PRESENTER:

TAMA J. KIEVES IN HER EAST COAST APPEARANCE

# Wisdom of the Heart

*A Women's Transformational Retreat Day*



*Your heart holds all you need to know*

♥How to create that dream job. ♥When to leave that relationship.

♥What to wish or dare for. ♥The path to peace of mind.

Are you in transition? Are you ready to listen to your own heart?

Don't miss this special retreat day facilitated by **Tama J. Kieves**, a former Harvard lawyer turned leading life/work coach, international teaching catalyst, life-artist, and best-selling author of **This Time I Dance!** Join a gathering of wondrous women who are passionately committing to themselves to create a safe space where fears, ponderings, and life-long dreams rise to light, ignited by the group's commitment to self-honesty, support, creative brainstorming and unleashing true inspiration and direction.

Together we will practice letting go of self-judgment and letting go into self-expression, self-forgiveness, brilliance, healing, and the startling wisdom of our own life journey. Creating an environment of synergy and support, we'll use a variety of deepening and creative hands-on techniques to get out of our heads, past our fears, and into the unparalleled direction and wisdom of our hearts.

*Step out of your life for a day and give yourself this gift of time, space, and self-listening.*

**WHERE:**

Park Plaza Condominium Community Room, 1100 Lovering Ave., Wilmington, DE, 19806

**WHEN:**

Sat. **March 31, 2007** 10:00 AM to 4:00 PM

**INVESTMENT:**

**\$99.00 (if paid by 3/24) / \$115.00 (if paid after 3/24)**

**REGISTER:**

Online at [www.AwakeningArtistry.com](http://www.AwakeningArtistry.com) or call **Suzanne Eder of Solid Ground** at **302-888-2138**

*Please register early to ensure your space.*



**Tama J. Kieves**, an honors graduate of Harvard Law School, left her corporate law practice to write and to embolden others to live and breathe their most meaningful self-expression. Best-selling author of the life-changing book **THIS TIME I DANCE!** Creating the Work You Love she is now a sought-after speaker and career coach and has helped thousands of individuals world-wide to live their creative dreams. Kieves was featured on "Vicki Gabereau," the daytime talk show, said to be Canada's equivalent of "Oprah." Tama Kieves is also known for her encouraging and spirited teaching style, and the vision, power, and healing she brings to every room. Visit her popular website at [www.AwakeningArtistry.com](http://www.AwakeningArtistry.com) and sign up to receive FREE ongoing support and inspiration with "Trusting the Journey Times," her monthly electronic newsletter.

