

Powerhouse Trio Team Up Again for the Trail Guide to Happiness Seminar – Session I & II

Scottsdale, Arizona – Due to Popular Request, Three Powerhouses in the Wellness Industry join forces for a Hands-On Approach to Spiritual Development. Attendees will learn how to find happiness in the middle of chaos and make peace within themselves by letting go of negative emotions and detrimental thought patterns.

The Seminar entitled “The Trail Guide for the Path to Happiness – Hands-On Approach” will be presented by three well-known local proponents of the Wellness Field: Shiang Chen Williams, a Nationally Certified Massage Therapist & Energy Medicine Practitioner; Dale Light, a Transformation Life Coach, Fitness Consultant & Health Educator; and Tara Hoffman, NeoWellness Health Facilitator & President of Dolkar Wellness.

The Trail Guide for the Path to Happiness will take place on April 25, 2009 from 10:30-3:30 pm at the Scottsdale Mustang Library on 90th Street and Shea. The seminar will take people from all walks of life through a practical process – guiding them to their natural state of HAPPINESS by letting go of thought patterns that no longer serve them.

Dale Light will kick off the morning guiding us into the NOW by bringing POW and WOW to our lives. Together we will examine the possibility for creating a deeper purpose and power, thus a more peaceful life. Where else can happiness be found? Dale will guide us through 10 simple but powerful movements for calming the mind, freeing the body and elevating the spirit.

Once we understand how to live in the present moment, Tara Hoffman will take us for a walk on the Spiritual Middle Path. We will learn how to remain in a state of “At Ease” – not being too strict or too lax in our state of being and way of living. Only through total peace and tranquility can we hear our inner voice and realize our true nature. Understanding the Middle Path can help in that pursuit.

Shiang Chen Williams will finish up the trilogy approach with the technique and philosophy of where and how to locate true happiness. She will briefly outline the four parts of the brain and their functions as well as the law of attraction. Through guided meditation, we will learn how to “shift gears” properly to work with the emotions and avoid the pitfalls of negative energy entrapment.

After the lunch break, Dale will lead off the afternoon for Session II of the seminar: “Pick Up Clutter or Whatever You Need to Pick Up in Order to Let Go”. Shiang will follow with an instruction in “Cleaning Up the Roadblocks with Myofacial Release. And Tara will bring a joyous conclusion to the workshop with “It’s not Having What you Want....It’s Wanting What You’ve Got.

Lots of audience participation will make this workshop exciting, dynamic and effective. Meditation techniques and experiential methodologies will make the experience unlike anything else you've attended. Come through the door dressed comfortably with an open mind and open heart and you'll take away with you an amazing sense of freedom by utilizing the Trail Guide for the Path to Happiness.