

Walk a Deliberate Path 2020

Start 2020 with
Passion, Energy,
Focus

Learn to reduce your anxiety and manage your stress.

Learn to work with your depression.

Learn to focus on what you want and create steps to achieve it

Make 2020 count in meaningful ways



What does all of this have to do with a Labyrinth?

What if there was only one path for your life? – The path you choose.

A Labyrinth provides you with an opportunity to reflect, meditate, and choose what to do next, while it helps you answer important questions like, what stops you from achieving happiness in your life.

- Acceptance of “what is” is the first step to change. Yes, it is paradoxical!
- Attitude is the second step to change.
- Action is third step to change.
- Adjust is fourth step to change.

Join Dr. Dilley Saturday Afternoon **January 18, from 1:00 p.m. to 3:30 p.m.**
at the Church of the Palms 14808 N. Boswell Blvd. Sun City Az. 85351.

***Engage in experimental exercises to reboot your dreams and desires.
Walk the Labyrinth and create your 2020 path.***

Gift yourself this by December 18 for \$35.00
Registration after December 18 is \$45.00

Make Payment at <http://paypal.me/drrobinbdilley>

Or mail to: 16845 N. 29th. Ave.
Phoenix, Az. 85053