nick montoya inc
MOMENTUM UNLEASHED

Nick Montoya Inc.
and
FDF Multicultural Arts and Wellness Center
Proudly Present a Life-Changing Workshop

TRANSFORMATION through TRANSITION

This workshop led by Nick Montoya

Nick Montoya is an executive coach and an expert in breakthrough management. Montoya has helped thousands breakthrough challenging and complex problems that result in effectively managed transitions and significantly improved morale. Montoya is a nationally acclaimed author, consultant, speaker and expert trainer that has one clear objective: To unleash the momentum that is within each of us to live a happy, fulfilling, passionate life. Nick Montoya is committed to helping organizations and individuals reach their goals by providing tools and processes that breakthrough common barriers and inspire ideas and innovative thinking.

Going through a significant transition in your life or anticipating one? This workshop is for YOU

For example:
divorce or breakdown in relationships
loss of a loved one
loss or change in careers/jobs
letting go of addictions
dramatic changes in health for yourself or loved one,
significant changes in lifestyle due to economic conditions

Experience how transitions and changes empower and transform into a healthy and happy life.

The series: Four Sundays beginning January 31. Will include meditation and a yoga practice.

Week 1: Letting Go
Week 2: Peace
Week 3: Liberation
Week 4: Creation

Time: 1:30 - 4:30 pm

Where: Fiesta DanceN' Fitness
915 3rd St.
Davis, CA 95616

Cost: $150 before January 17. $175 after January 17. Space is limited - register now and take advantage of early bird registration! **Call 916-813-1369 and reserve your spot today**

Make 2010 a Transformational Year

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