



# Choosing Your True Self

Saturday, October 19<sup>th</sup>

11:00 a.m. – 5:00 p.m.

Arrival: 10:30 – 10:50

Enjoy a day of self-alignment  
at this one-day impactful, experiential workshop!

The Choosing Your True Self Workshop will be held in The Raven Room,  
at the beautiful, natural setting of Dancing Cedars in Olympia, WA.

We will be focusing on choosing your *Self* and being fully alive, including:

- recognizing your thirst
- staying out of roles you've outgrown
- expression of your gifts & passions
- being fully engaged
- tapping into your motivation & inspiration
- making room for newness
- clarity & direction

**Call or Email Now to Reserve Your Place!**

Fee: \$90.

\$45. deposit holds your place, remainder of fee is due by Oct 19<sup>th</sup>

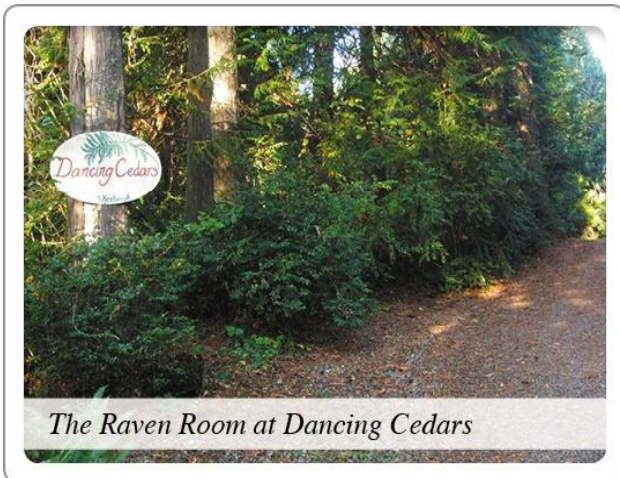
For questions, more info & to sign up, contact CJ at:

[cjmortinson@gmail.com](mailto:cjmortinson@gmail.com) or (360) 402-2025

[www.journeyslifecoaching.com](http://www.journeyslifecoaching.com)

## About CJ

CJ Mortinson provides Life Coaching & Spiritual Support in her private practice, *Journeys*. She helps clients gain clarity and direction to achieve goals and dreams, teaches workshops, and facilitates rituals, readings, ceremonies, and celebrations. CJ knows that we all have our own answers, gifts, and knowing within. CJ is a seeker and tends to draw seekers as clients. Prior to providing Life Coaching and Spiritual Support, she has been a certified counselor, worked in the addictions field and with special needs children. She has recently completed all courses for a MA degree and an eight month training in Neuro Linguistic Programming. In addition to professional experience and education, CJ brings the life wisdom of a Grandmother to her work.



### Directions to Dancing Cedars:

Driving South on I-5, take exit 107 Pacific Ave

- Right onto Pacific .6 mi
- Right onto Phoenix St NE .2 mi
- Right onto South Bay Rd NE 4.0 mi  
Rd curves to hard left & becomes Johnson Pt Rd 3.6 mi
- Left on 76<sup>th</sup> Ave NE .2 mi  
Rd curves to hard right & becomes Kerbaugh St NE .4 mi

Watch for the Dancing Cedars sign on right  
Enter property & keep to left to arrive at  
The Raven Room (separate bldng from main  
house) 8020 Kerbaugh St NE, Olympia, 98516

### What to bring:

- Comfy socks or cloth slippers. The Raven Room is a no shoes zone.
- Mat or blanket if you prefer lying during the guided meditation.
- Lunch & water. We will break for one hour at 1:00 for lunch. The Raven Room has a 'frig in a full kitchen.
- Alter items - if you want to bring a small item representing your intention or True Self

Please arrive between 10:30 & 10:50. We will start at 11:00 sharp. You may want to have a snack before the workshop if you are used to eating lunch at noon. 'See you Oct 19<sup>th</sup>!