

Vision Board Workshop & Mini Retreat for Women

CONNECT

VISUALIZE

CREATE

Saturday, January 28th
12:00 pm – 4:00 pm

Co-facilitated by Corrine Bucher, Courtney Blaskower, and Amy Outman

About the Facilitators...



Corrine L. Bucher,
Certified Life Coach

In 1999, Corrine completed her training at the Coaches Training Institute and became a member of the International Coach Federation. On top of having her own thriving coaching business, she's worked as an associate for several coaching consortiums, as well as a ropes course leadership instructor. A popular workshop leader, Corrine, created a series of innovative programs designed to transform overwhelmed mothers into fulfilled and focused individuals. Corrine's current coaching clients include working mothers, women entrepreneurs, and professionals. She lives in Half Moon Bay with her husband and two children.

www.corrinebucher.com | 650-560-9717 | corrine@corrinebucher.com



Courtney Blaskower,
Artist and Art Instructor

Courtney began teaching art throughout the Bay Area in 1999. This past October, she opened Meddle Studio, a creative workspace for all ages with numerous offerings in the creative arts. Courtney was formally educated at the University of Iowa, the Glasgow School of Art, and California College of the Arts. She lives in Half Moon Bay with her husband and two children.

www.meddlestudio.com | 415-602-7282 | courtney@meddlestudio.com



Amy Outman,
Certified Yoga Instructor

Amy has been a student and enthusiast of yoga since her teenage years. She realized her vision in 2001 after shifting gears from a busy corporate career to become a certified yoga teacher. She became Anusara Affiliated in 2001, holds many teaching certifications in everything from therapeutics to energetics, and is a senior teacher in the Para Yoga tradition. Amy is Yoga Director at Empowered Fitness in El Granada and also teaches at Enso Studio in Half Moon Bay. Amy's intention as a teacher is to guide students deep within themselves to identify and align with their soul's purpose. She lives in Half Moon Bay with her husband and two children.

www.ensohmb.com | 650-235-0714 | amyoutman@gmail.com

A uniquely designed Vision Board workshop that blends yoga, life coaching, and art! More powerful than goals, visions evoke emotion and involve your heart not just your head. A vibrant life starts with turning inward and revealing your compelling vision.

In this four hour workshop you will:

- Learn the power of creating a Vision Board
- Connect with your heart center through the practice of yoga.
- Re-awaken your dreams and do exercises to bring clarity and vision.
- Create your own Vision Board for 2012 using a multitude of materials and techniques.
- Bring home a unique art piece to personalize and display in your home.

Materials, snacks, and light refreshments will be provided.

Registration

Investment is \$75. This workshop will be limited to 25 participants. To reserve your spot, please RSVP to corrine@corrinebucher.com.

Location

Enso Studio
131 Kelly Avenue
Half Moon Bay, CA
94019