

Enlighten up at a

# Spiritual Workout

Idyllwild's newest life-affirming challenge begins September 25!

Q: What is a Spiritual Workout?

A: It's a time and place to convert our beliefs into practice. At a Spiritual Workout, participants offer up issues and concerns (e.g., "I hate my job;" "My relationships never work") and discover that there is always at least one contemporary, non-religious, religion-friendly, universally spiritual concept that applies to the situation. Doing so with others in rapid succession in a light-hearted and loving environment week after week allows us to "work out our spiritual muscles" rendering us more adept at living our spirituality.

Q: How does a "workout" differ from the individual or group work you do?

A: It is considerably more general, far less intense, and requires no commitment.

Q: Who should attend?

A: Spiritual adventurers ... Someone who wonders, "Is this all there is?"... Anyone looking for a fresh perspective ... Those wanting to take a higher road ... Seekers ... People struggling to apply to their life what they know in their heart ... Anyone interested in expanding their spiritual community ... People who are ready to let in more light and love and peace and joy and fulfillment and satisfaction and more...

Monday evenings  
7:00-8:30pm

*"LOVE DONATION"*

LOCATION

**skye at night**

54445 N Circle Drive  
suite "E" upstairs in rear

Facilitated by  
Steven Morrison, M.F.T.  
License #MFC 35185



*Steven works with clients interested in discovering their own spirituality and integrating what they know and believe into their day-to-day lives. He can be reached by email at [spiritnow@earthlink.net](mailto:spiritnow@earthlink.net)*

*Exercise Your Spirit!*