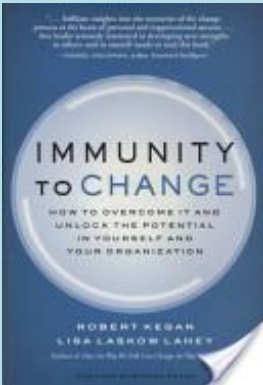


Immunity to Change & How to Overcome It



The Immunity-to-Change™ approach is specifically designed to help individuals make those personal and collective changes that are most important to them-- but have proven resistant even to thoughtful plans and heartfelt intentions. The approach first generates a customized picture of something that is usually invisible—the way our current mindset produces exactly those behaviors that prevent progress on the goal we most want to achieve. This is the immunity to change. Once we see the real source of what has been preventing change, the approach guides us on a new path to accomplishing it.

- **Uncover the beliefs that are "not so pretty"**
- **Identify & map hidden competing beliefs**
- **Test the validity of beliefs that are causing the roadblocks.**

This is not a YOGA workshop. We'll use pen & paper to identify roadblocks, and come to understand that the roadblocks have a very good reason for existing. This is the first step to achieving real and lasting change--to uncover the competing belief systems that are causing you to feel like you have one foot on the gas pedal and one foot on the brake.

**Sunday, November 13, 2011
1:00-4:00 p.m.**

◆\$30.00 if paid by Nov. 1st - \$40.00 thereafter



Janis Bowersox is a Life Coach and Entrepreneur. She has an MBA from Yale University and has owned her own yoga business and managed non-profit organizations. Janis began her yoga journey with Dr. Susan Pataky in 1995, went on to open her own yoga studio in Connecticut, and returns to Sanibel yearly to take classes with her first teacher.