



August, 2008

Dear Circle of Women,

The Circle of Women Conference was a huge success. The energy of a room filled with fabulous females is a treat that I'm sure we'll all remember for a long time to come.

I enjoyed meeting so many of you; from the pre-conference mixer right up to the end of the conference day. Yes, 08/08/08 was a magical day! When I took the stage with my companion, Nervous Nellie, I looked out into the audience and was overwhelmed with appreciation for our gender and the connectedness we feel to one another.

On a daily basis, as I look out into my world, I see many of my women friends and colleagues experiencing their first big RED light awakenings. They're being *stopped* in their tracks by illness, disease and general imbalance in the prime of their lives.

For this reason, I'm passionate about women's health and wellness. That's why I have devoted my life to sharing a process for finding balance, from the inside out. As I mentioned in my talk, I exited Corporate America late last year, after Nellie gave me a direct order, "You have to quit." "Quit? Are you crazy? I have a huge job, making huge money, because I have huge debts. How am I supposed to leave all that behind? And besides, how am I going to make money?" Nellie replied, "Don't worry about the money, the money will come. What's important is that you take care of you." Thank you, Nellie. I've found my passion in life and it involves making *your* wellness, *my* business.

You see, for most women today, traffic isn't flowing very smoothly. And for some, the commute has reached a break-neck speed that's dangerous to all who share this road of life. So, what can you do to turn this all around? Take action now and begin to look at balance as a VERB.

Please join me in my campaign for balance.

Come explore how you can restore the magic and well-being in your life, put yourself back in the driver seat and enjoy the ride. Live the life you were meant to live, simply by slowing down and nurturing your greatest gift and asset; YOU. Give your nervous system a BRAKE. For more information, please visit: <http://www.thealternatopath.com/retreats.html>

Until we meet again,
Be Well!

Cassie

stop
balance
go MEDITATION
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