



Name Your Mountain
Presented by Betty Simmons
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Saturday, May 31, 2008 5:00 PM–6:00 PM

Each of us knows how good it feels to power up our energy and ride with confidence.

You are invited to explore an interesting opportunity to test your inner power of optimum awareness and strength.

Be Aware!

- Opportunities come when they are least expected. As you “name your mountain,” your challenge will be to recognize the change in terrain and make your best selections for success. Remember, change is what makes life interesting and fun.

What drives you to the top?

- Is your mountain just a challenge?
- Do you climb to conquer fear?
- To display courage?
- To learn to trust and rejoice in the strength of your legs, in your heart?
 - This ride is for you!
- Do you climb to grow stronger for those you love, to gain more power for your passions?
 - This ride is for you!
- Do you climb to win—to be faster more than ever before? To know what it is to feel no limits?
 - This ride is for you.

Be as water flowing over, around, under or through potential obstacles. “Move like you’re the only motion in the universe.” Reach the top and “name your mountain.” Achieve the balance that comes from melding the mind, body and spirit.

Welcome to the journey. I wish you many blessings! —*Betty*

**Please remember to submit a session evaluation.
Your feedback is important to us!**