



# Spark the Heart

Awaken your passion ♥ Declare your dreams ♥ Create the life you want to live



**What do you want to manifest for yourself, for your life, in 2010?**

**More time? A new career? A healthier relationship with your body?**

**Gather with like-minded manifesters and**

## ***Spark Your Heart, Ignite Your Life:*** **an 8 week Creative Living Workshop**

- **expand** your definition of creativity
- **awaken** your deepest desires
- **rekindle** your forgotten dreams
- **gain** clarity and focus about what's really important to you
- **explore** your boundaries and limiting beliefs
- **imagine** possibilities beyond what you already know
- **experience** joy and delight as you connect with your authentic self
- **manifest** changes that support a truly passionate and purposeful life

*"Ruth Davis's Spark Your Heart class gave me ways to center myself into myself. I also got to experience other people's visions. With Ruth's leadership, guidance, exercises and homework, I have a better understanding of who I am and what direction I want to take myself and my life."*

*– Delos Nokleby*

**This group will meet once a week for eight weeks so that you can build rapport with yourself and others and use the momentum of the weekly "homework" to discover and manifest the powerful and positive changes you imagine for your life.**

*"Ruth's workshop has been truly inspiring and fun. I'm really contemplating and considering how to support myself to take the time to discover and create my work. Thank you, Ruth, for your modeling and support to remember and be my own light."*

*– Frannie Walsh*

**Tuesday evenings**  
**January 5 - February 23, 2010**  
6:30 pm - 8:30 pm  
in Central Phoenix

\$240.00 for the 8 week series  
**if pre-paid by December 30.**  
\$280.00 after December 30  
or \$35/class if paid week to week.

**Space is limited so register early!**



**To register, call or email Ruth Davis**  
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**Founder and Creative Director**  
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