

april 21
2012

6th Annual

REALIZE YOUR RADIANCE

Live From Your Heart

- * Break through your glass ceiling
- * Find your center
- * Act from your essence
- * Look into YOUR heart for YOUR answers

Realize Your Radiance is a day that honors the very heart of what it is to be a woman in our complex world. Our aim is to empower each woman to recognize the beauty she brings to her world and to move and choose from THAT place.

In four inspiring sessions topnotch presenters at the height of their fields regionally, will empower you to embrace each part of yourself, to heal the wounds of the past and to move forward with joy and confidence.

www.RealizeYourRadiance.com
info@realizeyourradiance.com

The Day's Schedule.....

- 9:30 am Registration & Check In
Coffee and tea will be available
- 9:45 am Welcome by event organizer, Kim Trimmer
- 10:00 am Opening Keynote Presentation
with Piper Lauri Salogga
- 11:00 am Morning Breakout Session
- 12:15 pm Lunch
- 1:30 pm Afternoon Breakout Session
- 3:00 pm Closing Keynote Presentation
with Rev. Judith Laxer
- 3:45 pm Closing Remarks

Event Creator/Organizer.....



Kim Trimmer, M.Ed. E-RYT
Owner InsideOut Yoga
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Seattle, WA 98103
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From Hard Knocks to Heart Knocks

My grandpa used to say he "came from the school of hard knocks". Realize Your Radiance certainly has those roots. Being repeatedly stunned and saddened by the degree to which my talented, beautiful, amazing friends and colleagues undermined their own talent, beauty and amazement motivated me to confront this habit in myself and to support others in doing the same. The Buddha talks about "this precious human birth". When I consider how much of my precious human birth I've wasted with self-doubt and recrimination, it makes me want to weep. Realize Your Radiance's message is . . . NO MORE; no more will we tolerate this behavior in ourselves or in others. The time has come, women are needed to be and contribute all that we are, all that we have. This will heal the world.



A portion of the proceeds from today's event will be made to New Beginnings – a local crisis center for battered women and their children.

Keynote Presenters.....



Piper Lauri Salogga
Owner of Living Sensual and
Piper Lauri Salogga Interiors
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Living From the Heart

Your heart holds the keys to the wonder that you are and the answers to your biggest questions. Rich, alive, excited by the smallest of things, your heart is the force that makes your life and inspiration. Your open heart is strong and intuitive, communicating your connection to Spirit through your powerful, loving instincts. Celebrating your beautiful human life through the joy of your senses feeds your heart and connects you to your intuition creating the peace and ease you desire, supporting you to align with your authentic self and be all of you in the world.

This keynote presentation is ignited by beautiful imagery, yummy smells and tastes, tranquil and jazzy sounds, and honoring touch. It is a full heart and body experience, passionate, participatory and on the precipice. Because when we take the risk to fully be and live from our hearts, the payoff is much more than we could have ever imagined.



Rev. Judith Laxer
Founder of Gaia's Temple and
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Courage Going Forth

And then we ask ourselves these questions "How do I take all I have gleaned here today and apply it in my life and in the world once I leave the safety of woman-only space? How will I remember and keep alive my emerging confidence?"

Our loving hearts are centers of strength and resiliency. When we tap into their resourcefulness in an ongoing way, we strengthen our ability to maintain our power, and to manifest our deepest desires. This inspiring closing keynote presentation will have us up out of our seats, moving our divine bodies and raising our energized voices! As our solidarity is established, we find there is a wellspring of courage for us to draw upon and take with us as we reenter our lives blessed, and ready to be a blessing!

Morning Breakout Session.....



Jane BG Tornatore, PhD, LMFT
Counselor and Speaker
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jane@doctortornatore.com
206-769-8108

Creating a More Meaningful Life – Everyday

Are you feeling stuck? Are you searching for more meaning in your life? In this workshop we delve into what is meaningful for you and create a nudge to help you move toward what brings your heart joy. We will write, visualization and share, to tap into what makes you feel more alive.

Dr. Tornatore is a counselor who uses a combination of intuition, mind-body work, and a gentle, non-judgmental presence to help her clients live authentic, heart-centered, meaningful lives.



Katy Callaghan Huston, MA,
Pastoral Studies, Seattle University
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Artist, Adult Educator and Event Planner
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Collaging from the Heart

Collage is a demonstrated way to open our hearts to our own stories. Using images from a variety of sources (feel free to bring photos or other images that speak to you), we will spend part of our time creating heartfelt work. During the remaining time, we will share our stories, giving voice to our images. (Sharing is optional - You will benefit from the work whether you choose to share or not).

As a lifelong artist, I am passionate about art as a medium for self-knowledge, serenity and healing. I love to work with those who have suffered "art abuse": excessive criticism or perceived lack of skill.



Mary Purdy, MS, RD
Registered Dietitian
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Mary@NourishingBalance.com
206 455-4149

Beyond Brussel Sprouts: Eating for an Energized Life!

Tired of feeling tired? Trouble losing weight? Through with thinning hair, dry skin and other unexplained symptoms that have you feeling less than 100%? The answer may lie in your diet! The bounty of nutrients we get from eating vibrant foods profoundly impacts our brains, our energy and organs like the thyroid and liver. In this overly-medicated culture, it may be time to turn to nutrition to help nurture and nourish us into an invigorating and energized life. Join Integrative Nutritionist, Mary Purdy, MS, RD, to learn which foods can help keep you glowing and humming along from the inside out. Mary (who eats dark chocolate almost daily) has a private practice at Seattle Healing Arts Center, is a clinical supervisor at Bastyr Center for Natural Health and presents wellness workshops.

Afternoon Breakout Session.....



Grace Bell, MA
Counselor and Facilitator of
The Work of Byron Katie
7102 Brentwood Place NE
Lake Forest Park, WA 98155
www.workwithgrace.com
gracebell@comcast.net
206-650-1230

Too Much Not Enough: Food As A Path To Peace

Use The Work of Byron Katie, a method of self-inquiry for investigating painful beliefs, to change your relationship with food and eating forever. As a teenager, Grace developed a very troubling relationship with food, one of craving, fear and imprisonment. Now through self-inquiry she experiences her relationship with food, and with life, as loving, trusting, kind and free. You can too.

Grace works via skype, phone and in-person in Seattle with people from all over the world who want to free themselves from stressful thinking.



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The Healing Power of Writing

Let's face it: life is messy. When things fall apart you pick up the pieces and move on. But when you get tired of being tough and just want to cry, one of the best friend's you'll ever have is your journal. As a participant in the "Healing Power of Writing" Workshop, you'll receive a workbook filled with journaling techniques (you'll have a chance to practice during the Workshop) that will help you write your way through bad hair days, the realization your boss is an idiot, and the seeming impossibility of being a good wife, mother, sister, daughter, or best friend.

Carol is a life writing teacher and mixed-media artist.



Christine Wallace
Shamanic Practitioner
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Heart to Heart – Connect with your passion & vitality

So often, our collective asks us to be in a rhythm that is fast-paced and focused on "doing", which can lead to a disconnect from our heart center, a place of deep wisdom and vitality. This workshop will focus on simple tools, along with interactive discussion to engage the vital energy center of our heart, opening up a connection to our passion.

Christine Marie Wallace is a dedicated shamanic practitioner who believes that as we bring ourselves into a heart-centered place, we can thrive from a place of harmony, wholeness and balance and ripple that vibration out into our world.

Saturday, April 21, 2012
9:30am – 4:00pm
Center for Urban Horticulture
3501 NE 41st St, Seattle, WA

\$100 or \$85 if paid by April 1, 2012
Includes 2 keynote presentations, 2 sessions and lunch

Workshops are filled on a first-come, first served basis! Register early to guarantee your selection at:

- www.RealizeYourRadiance.com
- info@realizeyourradiance.com
- 206.992.4808

Reduced Fee Scholarships Are Available!