



# Time Empowerment

## How to Finally Have *Enough Time*

We all have the same amount of time – 24 hours per day, 7 days per week and 52 weeks each year. And yet, for many, it doesn't seem to be enough. You would think that with all the work and time you put in you'd finally catch up, but you never quite get there. What can be done?

In this workshop, you'll discover why it feels like you never have enough time; you'll learn why *more time* is not necessarily the answer; you'll also learn simple ways to **eliminate overwhelm**, increase your productivity and have **more than enough time** – while taking more time off.

**Friday, June 14, 2013**

7:00-8:00pm

**Roots and Wings Yoga & Healing Arts**

317 N. Main Street, Natick, MA 01760

Cost: \$20 (if register by 6/12; \$25 after)

Pre-registration required. Call Nat at 617-332-9659



Nat Couropmitree supports highly motivated individuals to feel like they can finally relax yet also be successful and fulfilled. He is the creator of the 'PeaceWithinChaos.com' program and has presented dozens of workshops in the Boston area and in other states. Visit his site: [StandUpBeRecognized.com](http://StandUpBeRecognized.com)