



Become a
**Boundary
Warrior**

Unspoken Boundaries®

Clear boundaries in all parts of your life: dealing with family, friends, co-workers, and relationships.

You may need stronger boundaries if:

- You are emotionally exhausted after speaking to certain people
- You don't know how to say 'no'
- You seek approval from others
- You give a lot, but don't receive back
- You are often tired for no apparent reason.
- You realize you are often passive-aggressive.

An Experiential Workshop

For More Information:

UnspokenBoundaries.com

This full-day workshop combines meditation, experiential exercises, visualizations, and body awareness methods to assist you in creating and keeping clear boundaries. While the workshop has a spiritual aspect, all spiritual orientations are welcome.



Merle Yost
Making sense of people