



NETWORKING ENTREPRENEURIAL WOMEN OF MARIN

Join Us On April 13, 2021

**Trusting Our Inner Wisdom
a Guided Meditation
with Guest Speaker,
Ilani Kopiecki, CMT, CST**

Creating Business Calm & Clarity

Mindfulness may be simple, but it isn't always easy. This is because we're training the mind to do something very different from what it's used to doing. Typically, our thoughts are all over the map, trotting after sensory input, daydreams, remembrances of the past and projections of the future.



During this mindfulness practice, Energy Medicine Practitioner and author, Ilani Kopiecki will lead us in a guided meditation to train our minds to stay put. The sensory input, daydreams, thoughts and emotions continue as usual, but instead of following them, she will encourage us to remain in the present by focusing on meditational supports such as breathing, physical sensations and sound.

Attendees will come away refreshed and renewed with creative ideas applicable to their business (and life).

About The Speaker: Ilani Kopiecki, CMT, CST and Energy Medicine Practitioner, has been involved in the Healing Arts for over 20 years. Her practice includes remote/distance Energy Medicine, Intuitive Bodywork and CranioSacral Therapy. She is also the Co-Author of Empowered Self Care – Healing Body, Mind and Spirit.

Register to attend!

**Get 20% off Ilani's online healing session if booked now
or during her upcoming talk**

NEWofMarin Sponsored Events

Though we may have restrictions currently, we do still enjoy one another and network! In addition to the monthly networking calls, we also love to hike, share a glass of wine, laugh together at comedy shows, take classes, and more.

Please RSVP to Michelle Dennis for all NEWofMarin sponsored events at (510) 220-3892 or events@newofmarin.com

For more information, visit the [EVENTS](#) page of newofmarin.com

SUNDAY APRIL 18TH 10am ~ 11am **'NO SPAIN NO GAME' airBNB experience**



**GRAB A PENCIL & JOIN OUR BARCELONA HOSTS ENGAGE OUR TOURIST CURIOSITY
AND SENSE OF HUMOR WITH THIS COMBO SIGHTSEEING & VIRTUAL GAME.
\$14.50 EACH. RSVP IN ADVANCE TO MICHELE, [EVENTS@NEWOFMARIN.COM](mailto:events@newofmarin.com)**



*Friday May 21st
1pm*

*Golden Gate Park
Arboretum
1199 9th Avenue*

Escape with friends to a unique urban oasis of extraordinary beauty at the SF Botanical Garden showcasing more than 8,000 different plants from around the world.

\$9 adults (weekdays)
\$7 (65 and over)

Park inside park to avoid ticket

RSVP Michele
events@newofmarin.com

Member Offers

MINDFLOW

mindful speed reading · higher test scores

Learn to read exponentially faster (up to 5x)
without compromising comprehension.

Next Online Adult Workshops

Sunday, April 18th & Sundayday, May 23rd

10:30 AM - 3:30 PM

NEWofMarin members receive a 10% discount

(use discount code: NEWofMarin)

mindflowclass.com



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Refresh Your Zoom Presence

Special offers for NEWofMarin members for the month of May.

30 mins for \$60 ~ OR ~
add the signed companion book
'No Such Thing As Off The Record'
for a total of \$75.

Consult includes camera and lighting as well
as clothing,

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Ilani Kopiecki
Co-Author

**Ilani's new
book is
coming soon**

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copy now for
\$20 each**

**Visit my
website**

2021 Speaker Dates

Want even more to look forward to?
Visit our Speaker Schedule [HERE](#)

May 12, June 9, July 14, Aug 11,
Sept 15, Oct 13, Nov 10, Dec 15 (offsite party)

