



SIMPLIFY YOUR LIFE

Culture, Lifestyle, and the Human Journey

"A great kickstart to really looking at my life!"

- School District 61 (Professional Development Workshop)



So many of us are overwhelmed with the duties and possessions that seem to come with modern living. We are stretched near the breaking point with professional, personal, home, and family responsibilities. We often feel we are drowning in a sea of all this 'stuff' that was supposed to bring happiness and contentment. Burdened in this way, even opening the hall closet sometimes seems like too much of a challenge for us.

In *Simplify Your Life*, Neil McKinlay provides ways for us to begin loosening the grip of our 'over-stuffed' lives. He offers the encouragement and support necessary for us to discover a way of being that is simultaneously sustaining and sustainable. Drawing from both personal experience and his work with people who are trying to find space for spiritual practice in their lives, he helps us ease the weight of modern living.

As a single session workshop, *Simplify Your Life* offers a broad overview of our overwhelmed situation and practical strategies for us to begin unburdening. Using the acronym S.I.M.P.L.E. as its focal point, this event encourages participants to:

- Clearly see our personal and cultural situation,
- Establish priorities for simplification,
- Begin to put simplicity strategies in place,
- Approach simplicity as a lifelong practice,
- Embrace a greater vision of human living.

ABOUT NEIL MCKINLAY

Neil McKinlay's simplicity work arises from his experience with the many challenges modern living presents to true human fulfillment. "This is an attempt," he says, "to encourage people to see their lives as rich and rewarding right now, as they are." He is also an authorized meditation instructor, personal coach, and author of, *Learning to Swim: Reflections on Living*. Running through all of these activities is Neil's willingness to affirm the inherent dignity of human life.

To learn more about Neil McKinlay's various services, contact:

Neil W. McKinlay

Phone: (250) 595 4348

Email: info@neilmckinlay.com