



"There is no right or wrong guiding state to be in;  
what matters most is to experience  
the balance and flow between them."

*-David Chiesa*



*Bringing wellness  
through conscious-  
ness and authentic  
presence to individ-  
uals and corpora-  
tions for decades,  
David uses an*

*integrative mindful approach that allows  
him to relate in all fields as he educates,  
collaborates and engages with those on their  
journey for personal growth.*

*David is the former Executive Director for  
Gary Zukav, New York Times best selling  
author of 4 books, including Seat of the Soul,  
and favorite guest on Oprah's Remembering  
Your Spirit and Seat of the Soul series.*



S O L A C E  
A G A T H E R I N G P L A C E

5225 Old Orchard Rd, 24-B  
Skokie, IL 60077

## Creating Your Emotional Life Map

**September 12th • 7:00-8:30pm • \$25.00**

Join wellness consultant, David Chiesa, for a 90-minute journey where he will guide you to build and navigate your personalized Emotional Life Map layer by layer utilizing his innovative Be,Think, Feel, Act model. By paying attention to the structure of language vs the content of language, you will be able to access ways to instantly reduce stress, resulting in an abundance of time, energy, improved health and a much deeper relationship with yourself and others.

After completing the workshop, form your own or join a small Group (3-8 people) for a deeper experience over four 90 minute sessions.

4 sessions \$25 each (\$100).

*Fall group sessions are forming now.*

To reserve your seat please visit:

[www.davidchiesa.com/event](http://www.davidchiesa.com/event), call David at 847-456-3181  
or email [david@davidchiesa.com](mailto:david@davidchiesa.com).