

Shifting from **Clutter** to Clarity

with
Christine Arundell

Saturday, June 16 1 – 5 PM

Register now:
\$35 advance / \$40 day of event

East West Bookshop
6500 Roosevelt Way NE, Seattle
206-523-3726 or 800-587-6002



*Has clutter taken over your home? Do you feel overwhelmed?
Do you yearn to have your surroundings inspire you, rather than feel like a burden?*

We will explore:

- ~ Why we clutter up our lives
- ~ How clutter and disorganization affects us
- ~ The benefits of clearing out and getting organized
- ~ Essential solutions for making changes and letting go
- ~ Practical techniques to reduce clutter in your home or office

We will utilize techniques to clear out old patterns of behavior that no longer serve us, as well as discuss tips on how to get started with your clutter-clearing.

Bring clarity to your life by clearing your clutter!



About Christine Arundell and Your Essential Solutions

Christine is a professional organizer and life-transitions coach who honed her skills while working in a variety of settings, including CoreLight (a non-profit spiritual organization), a fine art gallery, a law office, and an acupuncture college. Christine thrives on making heart-felt connections with people while assisting them with actualizing their desired transformation.

Your Essential Solutions is available to assist you with your personal clutter-clearing and organizing needs, either hands-on in your home or workplace, or with support by telephone. Christine currently has clients in throughout Washington and Oregon. Arrangements can be made for her to come to your location.

Contact Christine at: (425) 917-1211 Toll-free Voicemail: (866) 248-7673 ext. 2340
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