HERMOSA FIVE-O CLASS PROPOSAL

City of Hermosa Beach ~ Community Resources Department
710 Pier Avenue, Hermosa Beach, CA 90254
(310) 318-0280 // Fax: (310) 372-4333

Class proposals are presented and voted on at the Advisory Meetings held the first Tuesday of each month at 10:00am in the Hermosa Five-O Senior Activity Center, 710 Pier Avenue. It is recommended that the applicant attend. If approved, the first class must be free and a class evaluation must be completed by each participant. Based on the evaluations, classes can then continue with a maximum class fee of $5 per each hour per person. Classes offered must be "drop-in" where students pay the instructor the day of each class with no pre-registration required. Approved Instructors are charged a $5 per hour room rental fee if they decide to charge for a class. If an instructor offers classes free of charge, they are not charged the room rental fee.

Name: Mary ZAPF Date: 2-1-16

[redacted]

Proposed Class Title: Heal Your Life

Preferred Day(s) of Week: Wed (doesn't matter) Start and End Time: 1:00 - 2:00

Proposed Class Fee: _____

Class Description: see attached

1 hr session early in month
2 hr session around mid or end of month if there is interest

Proposed Location (Kitchen/Fitness Room or Living Room): Living Room

Background/Experience: I have been a certified HYL teacher and Life Coach for 5 yrs

References:

[redacted]

"There is so much love in your heart that you could heal the entire planet. But just for now let us use this love to heal you."

~ Louise L. Hay

Heal Your Life®
TRANSFORMATIONAL WORKSHOPS

Heal your Life transformational workshops are based on the philosophy of Louise Hay, well known Author and Spiritual teacher.

Her program is extremely inspirational and informative. It teaches life improvement skills through the use of positive affirmations. In other words, "change your thoughts to heal your life"

This one hour presentation is designed to help you find greater clarity in balancing your life by tapping into the POWER that is within all of us.

Mary Zapf
Certified: Workshop Facilator/ Seminar Leader
[redacted]
www.healyourlifeworkshops.com

-Attachment A-
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