

Saint James Mother's Club

Next Meeting: Thursday Oct. 13th, 7 p.m; meeting will begin promptly at 7:15. You are welcome to arrive as early as 6:30. (If you are running late you are still welcome!)

Address: 16 Tess Court, Eatontown, NJ 07724

RSVP: **required**, 732.673.7292, or
deannaryanphotos@gmail.com

Please join us for an enjoyable, fun, night out with your Saint James community. We will be discussing some upcoming events planned for the Mother's Club and your input is valuable and welcomed!

We look forward to seeing you on Oct. 13th. Our guest speaker will be:

Alisha De Lorenzo. Alisha is the Founder and Owner of Living YES, LLC - a community of seekers committed to consciously choosing yes to life.

Alisha is the Director and Creator of Y.E.S. (Youth Empowerment Summer) Institute - a weeklong leadership, adventure, yoga and mindfulness program for youth, beginning Summer 2016.

She has been trained in the Baptiste methodology and is certified in kids yoga through the Baptiste Institute. She has been teaching yoga and facilitating personal transformation workshops since 2009. She has a growing private clientele and home studio community.

Alisha MS, LAC, NCC, received her masters in psychological counseling from Monmouth University, NJ. She has been trained in an integrative mental health model using conventional and contemplative approaches to access physical, emotional and spiritual freedom. She currently sees clients at, The NJ Center for the Healing Arts, Red Bank. Here she works with teens, adults, parents and couples as well as facilitates groups, trainings and workshops. She received her bachelors in movement sciences and education and has worked in public education as a teacher and substance abuse counselor.