# Contact Me

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| **Categories** |  |

***"You have to be very careful if you don't know where you are going, because you may never get there."-Yogi Berra***

## Coaching will help you guide your own future.  What you can do with the information will amaze you and others.



"It is solved by walking."-St. Augustine,(credit goes to www.stlukesbethesda.org)

## Enjoy your journey!!!

Labyrinths, a pathway of circles, have been used for centuries as an avenue toward spiritual, emotional and physical balance.  As one walks around each circular path, one becomes focused and present to the moment.  This can enable one to create new ideas as new energies flow. What you will do with the information will determine the success of the adventure.

## Take action today toward living a life of balance. Contact Isabel for that guidance.

### Contact Us

* Name\*

* Email Address\*

* Phone

* Comment

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