

Happy New Year



Each new year is a new beginning. You have two choices—carry on as before—or make an exciting new change. Either way, life is wonderful, and you can be sure that we will always be your biggest fans.

Helen Keller spent her life blind, unable to hear or to speak. Yet she used every day of her life to take on new challenges. “Life is an exciting adventure, or it is nothing,” she wrote.

Your adventure may be more time for watching TV or taking excursions to meet new people and see new places. Listen to your heart. If you find the thing that ignites your fire, then you have found your true path.

The Divided Self

There are two of you and two of me. One of us is enslaved to an ordinary life in which our time belongs to society. The other one is wild and free. One lives a life of grim solitude, while the other one longs to share wonderful times with other curious people.

If you read stories about Krishna you encounter a young child who is the reincarnation of a divine being. The myths about his life show a loving, fearless little person who secretly does mighty deeds to care for the people in his village. Your inner self is exactly like that. There is no greater pleasure than throwing off the character you play in your life so that you can frolic with others who have escaped the yoke of ordinary perceptions.

You probably don't remember much before the age of 4. Yet you had already learned to walk and talk. Your awareness was vast. When you started memorizing letters and numbers you numbed out the beauty of the world around you. Unhappiness is nothing more than bad memories. Make a resolution to spend more time in your true nature this year. This must be the finest time of your life.



Get the Body You Want

Every day the news channels broadcast all the reasons to be fit and slim. They warn us about obesity, diabetes, heart disease, and all sorts of scary stuff. That is just what they do.

In February 2015 we are conducting our first 28-day **Beauty, Health and Fitness** course on Ibiza. We don't want to make you thinner or healthier. We just want to make you as sexy as you want to be.

If you want the body of a dancer, you just have to dance. Instead of diets and “follow the leader” exercise programs, we offer love, laughter, freestyle dance, and fine dining, provided by you and your classmates. If this sounds like your cup of tea, please join us.



Real Coach Training

The Internet is filling up with marketing schemes for new coaches, usually offered by people who know more about marketing than coaching. They flame out quickly. The reliable way to grow your practice is by providing excellent service and earning the trust of your clients.

One easy, cost effective way to improve your coaching and training skills is to participate in the next 8-week series of *Coach Me If You Can* beginning in January. Here you get to practice your people skills and learn new skills with good friends. Get the feedback you need to take your game to the next level. E-mail early to secure your place in this effective, low cost course.



Greetings from Mia Sage

I love my business. It takes me to exotic locations worldwide to interact with all kinds of fascinating people. And it pays the rent.

The greatest challenge for people is other people. Our society has largely adapted to the forces of nature and the challenges of survival. Yet few people enjoy harmonious relationships. Fewer live lives of exciting adventure.

Every choice you make today will have a big impact on how you enjoy the days, weeks, months, and years to come. As a life coach I appreciate my role in helping people to make wise choices. Over time they get to enjoy the benefits of having chosen wisely.

The first thing I learned as a coach was to live in peace. Conflict spoils even the most exciting games. Every action creates an equal and opposite reaction. We get what we give. I choose to give my excitement and appreciation for all of you who have chosen to play with me.

GWEN Hawaii was sweet. We enjoyed the spirit of Aloha. Now I am preparing for Thailand and Bora Bora. If you are looking for good choices, I can heartily recommend the excursions.



Acknowledgements

Kathleen De Siena has provided many of you with excellent accommodations on Ibiza. If you want a top-flight place to stay, be sure to contact her to learn more.

Siva Froehlich and Justin Case have created a great touring team. They are on the road—changing lives and inspiring people to live their dreams. Dylan Watts is also out there, travelling from city to city with his message of love and Kuehnheit—boldness. His devotion to his team and his clients is the stuff of legends.

Most of all we want express our appreciation for you. All the wonderful things you are doing for the people you serve are making the world a better place. Wherever you go, you can be sure that our love and appreciation travel with you.



Coaching From the Heart USA

(January 20--25)



We have offered several 6-day Coaching From the Heart sessions in Europe. If you live in the US, now it is your turn. You can begin your coaching career or improve your existing skills by attending this amazing course online in January.

Whether you live in Austin, New York, Chicago, Los Angeles, or Podunk Center, we invite you to join us online for 6 days of theory and practice in the coaching profession.

Learn more to earn more. Create an incredible career by helping people reach their goals and live their dreams. Email info@sageuniversity.com today to learn more or to enroll.

The Feminine Community

(Thailand, February 26-March 1)

There are great changes in the wind. If you watched *Maleficent* with Angelina Jolie, you noticed that true love's kiss didn't come from a prince. The same principle repeats in *Frozen*, the Disney classic in which only the love of the sister can thaw the heart of the main character. It seems that society is beginning to understand the importance of loving cooperation between women.

You can hardly imagine how much your life would change if you could build bridges of trust with other women. The *Feminine Community* is 4 days of deep awakening for women who want to restore the nurturing link to feminine love and respect.

This event takes place on a tropical island in Thailand, where we will bask in the sun, sea, and sensuality—the kind that women can find when they connect with other loving women. Leave the cold behind. Bring your open heart and join us on a warm beach in paradise.



Innovation & Entrepreneurship

(Ibiza, March 05-10)

Maybe you used to play the piano or speak a foreign language. But if you haven't kept up with it, your skills have faded. It would require a lot of practice to refresh the fundamentals and restore your ability. The same thing holds true for athletics, for coaching, and for business.

If you earn your money by conducting entrepreneurial projects, you have grown rusty. We have upgraded the *Innovation & Entrepreneurship* course to boost your income by sharpening your skills.

You are welcome to join us for 6 days to heighten your awareness of the game and to role-play the character you portray in the world of earning money. We can take you to the next level. Join us on Ibiza in Spring.



Beauty, Health & Fitness

A Feminine Journey

(February 2015)

Get the body you want and the lifestyle you desire. *Beauty, Health and Fitness* is the sweetest, kindest event you will ever attend. By soothing your heart and mind, you will restore your body's ability to heal. With 28 days to live, laugh and play together, you will leave this course with the confidence and connections you need. You will also receive a coaching certification so that you can earn your living by teaching others what you have learned.

Fitness is a breeze in a setting like this. We practice touch and movement designed to stimulate your immune system and effortlessly tune up your body. As a young girl you danced with wild abandon and spoke your mind with no concern what others might think. That freedom gave beauty and grace to your movements and filled your heart with joy.

Much of your physical freedom faded under the burden of work and worry. If you intend to recover your beautiful, innocent nature, this is the time. *Beauty, Health, and Fitness* will restore your vitality. Ibiza is the place. And we are the dream team—the friends who see your loving nature.

Together we will prepare delicious meals, create beautiful music, walk in nature, and dance the ancient way—the way of the woman. If you want a dancer's body, just dance. If you want a gourmet lifestyle, practice fine dining. Here you will meet other loving women to share your dream. Among friends like these your face will transform. Your senses will come alive. You will tune in the inner rhythm that loving women share.

Ordinary work is exhausting. Fighting only makes people hard and bitter. Authentic femininity is as soft as a baby and as radiant as true love. This 28-day experience creates a field of nurturing kindness.

You will emerge from this retreat with an entirely new perspective and with communication skills that you can use to create the career that springs from your true gifts and talents. It is time to do something for you for a change. Call or connect to learn more.

This is a big commitment. When you give your word, heaven and earth will move to help you find your way. We are here to assist you.



January 2015

- Self-Actualization
- Weekends
- Geisha series
- Sage University 10-day modules
- Sage University 6-day modules
- Online-Seminars

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
29	30	31	1	Self-Actualization - Ibiza			
5	6	7	8	Self-Actualization - Ibiza			
12	13	14	15	16	17	18	
19	Coaching from the Heart - Austin/Houston/New York (6-Day)						25
26	27	28	29	30	31	1	

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February 2015

- Self-Actualization
- Weekends
- Women Only
- Sage University 5-day modules
- Sage University 6-day modules
- Online-Seminars

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	Beauty, Health...tness - Ibiza
Beauty, Health & Fitness - Ibiza						
Beauty, Health & Fitness - Ibiza						
Beauty, Health & Fitness - Ibiza						
Beauty, Health & Fitness - Ibiza						
The Sales Game - Hamburg (6-Day)						
Beauty, Health & Fitness - Ibiza						
			The Feminine Community - Thailand			

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March 2015

- Self-Actualization
- Weekends
- Women Only
- Sage University 10-day modules
- Sage University 6-day modules
- Online-Seminars

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23 Beauty, Health & Fitness - Ibiza	24	25	26	27	28	1
			The Feminine Community - Thailand			
2	3	4	5 Innovation & Entrepreneurship - Ibiza	6 The Love of Wisdom - Hong Kong	7	8
9 Innovation & Entrepreneurship - Ibiza	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

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April 2015

- Self-Actualization
- Weekends
- Women Only
- Sage University 5-day modules
- Sage University 6-day modules
- Online-Seminars

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Supervision - Ibiza (5-Day)	25 The Feminine Mystique - Houston	26
27 Supervision - Ibiza (5-Day)	28	29	30	1	2	3

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