



life coach :: trainer :: facilitator :: goddess

*pia muggerud*

... Irresistibly Feminine ...



## Copia October 2009 Newsletter ... Irresistibly Feminine ...

### Irresistible content

[Message from Pia](#)

[Open Your Heart!](#)

[Getting What You Want!](#)

[Irresistible Home Events!](#)

[Irresistibly Osho](#)

### Join our list

[Join Our Mailing List!](#)

### Irresistible Book Recommendation

[Succulent Wild Woman](#)  
By SARK

This book is SARK's glowing invitation to you -- to live a rich, succulent life! Sark explore love, sexuality, romance, money, fat, fear and creativity. It's a little bit like reading my diary -- with permission. Succulence is powerFull! and so are we as women.

Bubbly, humorous, and at times just far-out, SARK is enjoyable to read.

### Message from Pia

October is already half-way over, and I KNOW where the time has gone! Attending my best friend from Kindergarden wedding in my home town in Norway has certainly eaten up much time, then there was the fun hen night I had to organise the weekend before! All in the name of that strange thing that happens in the heart! LOVE!



So this month, I am bringing you less of a newsletter and instead I am giving you a heap of options that are available to you from Copia coaching and Training the following few weeks!

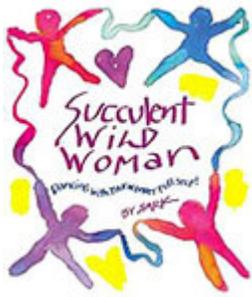
This month I start a series of evening workshops called "Open Your Heart". To explain what you can expect in these workshops, I couldn't have said it better than Deepak Chopra:

*"The less you open your heart to others, the more your heart suffers."*

This series of shorter workshops is really a build-up to the weekend workshop I will be offering on November 21st and 22nd, with the same title. However, during this weekend, we have a chance to go deeper into the heart and its depths... For those of you who are looking for a deeper transformation of the heart, this weekend is for YOU!

You also have a chance to "Get What You Want" the morning of October 27th, when I guide you through a workshop designed for you to align your actions with your values. Could you do with a little more of what you really want? Then come along!!

There is lots happening to keep you in touch with yourself, your heart and reminding yourself what it is that you really want!  
Love, Pia



## Irresistible Movie Recommendation

### American Beauty

Lester Burnham is having his mid-life crisis. He is rebelling against his bitch-on-wheels wife Carolyn and his self-absorbed uncaring daughter Jane. After attending a cheerleader competition at Jane's high school, he meets Jane's friend Angela, whom he develops an infatuation for and decides he is going to turn his life around. He quits his high paying job to work at a fast food restaurant and decides to re-live his 20s. The impact his behavior has on the others around him changes and not for the better.

Watch a Beautiful clip from the film [here!](#) Or buy it [here!](#)

## Irresistible Vouchers from Copia

## Irresistible Evening Workshops: Open Your Heart!

Being able to feel, opens so many doors to life and its incredible treasure. Awaken this wonder for life by expanding and deepening your ability to feel and enjoy a richer, more fulfilling life.

This workshop is an opportunity to discover and reconnect with the true essential qualities of the heart - such as acceptance, trust, innocence or joy. During this evening you will connect through the layers of the heart that create separation from our self, true intimacy, creativity and love.

Rediscover your innocence, spontaneity and passion for living by learning open to your authentic self!



**Date:** Thursday, 29 October 2009

**Time:** 19:00 - 21:00

**Location:** New Age Shop, 7 Old Bailey Street, Soho, Central

**Cost:** HK\$280. Reservations Necessary.

**Book at:** 2810-8694 or email [enquire@newageshop.com.hk](mailto:enquire@newageshop.com.hk)

\*This workshop is a part of a series of 3, the other dates are as follow  
11 November and 7 December

**On the weekend of November 21st -  
22nd, the MAIN EVENT will be  
happening!**

**The weekend workshop version of Open  
Your Heart will support a deeper  
journey into your heart's yearning that  
what the evenings can offer. Contact us  
for more details!**

you to give to the people that you care most about.

Starting from as low as HK\$500 and up, your gift will be a valuable addition to your friend's growth and pursuit of the life of her dreams.

## Irresistible Words

The heart has reasons that reason does not understand....  
- Jacques Benigne Bossuet.

## Morning Workshop: Getting What You Want!

...Aligning your values with your actions...

Values are those things to which an individual is naturally inclined to follow or is drawn towards. Values act as catalysts for decisions and they form the foundation for our goals. Values create a drive for personal fulfilment, so when you honour your values, you honour your Self or Higher Self.

**Date:** Tuesday, 27th October **Time:** 10am to 1pm

**Location:** Glow Skincare and Light Therapy, 1st floor, Thyrs House, 16 Pottinger Street, Central, Hong Kong.

**Book at:** +852 2525 5198 or info@glow.hk

**Cost:** HK\$350



Come join us for this 3 hour workshop, where you will:

- Reconnect with what you naturally engage in.
- Create blueprint for your personal fulfilment.
- Gain more clarity on what stands in the way for you in your life.
- Understand how your values support you in creating results.
- Receive valuable coaching and tools to support you in moving forward.

## Irresistible Home Events!

Irresistible Home Events are still available and we are committed in this final stretch of 2009 and also into 2010 to create events that support and inspire all you incredibly beautiful, intelligent IRRESISTIBLE women out there!

You can still have your own Irresistible Home Event! Copia Events are recognised for the depth and Intimacy that is created between women in our workshops, and your event will be no different! So if you would like to create something different for a special event, call us to discuss some options for your own or a friend's:

*Ken (Bachelorette) Nights..*

*Baby Showers..*

*Leaving Party..*

*Vision Board Parties*

Or call us for any other good reason to celebrate and get together!

**Call to book your Party! on: +852 6103 0809**

**Irrisistibly Osho...**

"Be less of a judge and you will be surprised that when you become a witness and you don't judge yourself, you stop judging others too. And that makes you more human, more compassionate, more understanding."

"Looking at a sunset, just for a second you forget your separateness: you are the sunset. That is the moment when you feel the beauty of it. But the moment you say that it is a beautiful sunset, you are no longer feeling it; you have come back to your separate, enclosed entity of the ego. Now the mind is speaking. And this is one of the mysteries, that the mind can speak, and knows nothing; and the heart knows everything, and cannot speak. Perhaps to know too much makes it difficult to speak; the mind knows so little, it is possible for it to speak." -Osho

## Would Coaching work for YOU?

Well, if there are any areas in your life where you can see you are not living your full potential and you would like to, then you may well be a great coaching candidate. And if you cannot see how powerful you are or how wonderful life can be for you, then it may be time to consider some coaching with Copia Coaching. I guarantee that together we will get the results that you are looking for, if you follow the simple steps coaching asks of you. And you will be surprised what other gems also come along once you start committing to coaching and to living the life you truly want!

[Click here](#) for your coaching options with Copia.

*The ability to discipline yourself to delay gratification in the short term in order to enjoy greater rewards in the long term is the indispensable prerequisite for success - Brian Tracy*

sincerely and irresistibly yours...

*Pia Mugggerud*

Copia Coaching  
[www.co-pia.com](http://www.co-pia.com)

**IRRESISTIBLE QUOTE:**

"Only from the heart Can you touch the sky." ~ Rumi