

DARA ZYCHERMAN

TALKS

STEPS TO SIMPLICITY (SIGNATURE TALK)

Reflect on what's most important in your life, how to save time and money, and find peace in downsizing. With an overview of the Steps to Simplicity downsizing process, learn to connect challenges, priorities, and visualization of your new and improved space, gaining the tools to work process independently.

DEFEAT YOUR BIGGEST ORGANIZING DIFFICULTIES

Downsizing and organizing can feel like overwhelming chaos at first. But it doesn't have to be. We can explore easier ways to think about organization and address emotional attachment to memorabilia by creating better systems and forming new habits. Learn helpful methods to confront that fearful voice asking, "But what if I need this someday?"

THE LUXURY OF LESS

How does having less stuff and less commitments create a life of luxury? You may be surprised to learn that with a few simple steps you can design a lifestyle of comfort and conscious living you may have only dreamed possible. Shifting our mindset, we can discover how the lightness of having less stuff eliminates the burden of responsibility and opens up the possibility of using our resources in more meaningful ways. Learn to design the life you want by seeing minimalism as luxurious freedom.

EMPTY NEST TO FULL LIFE: DOWNSIZING IN RETIREMENT

The longer we've lived, the more material items we probably have. And often, we're keeping items that no longer serve our current lifestyle. Learn how to undo emotional attachment to sentimental items, the ongoing costs of keeping them, and how to sell them for some extra retirement income. The best gift parents can give their adult kids is having less stuff!

WORKSHOPS

THE LESS = MORE LIFESTYLE WORKSHOP

In this introductory interactive workshop, participants are introduced to the prime concepts of minimalism, simple life design and how to organize. Learn to connect your life priorities to your home space, overcome challenges that deter you from getting started, and how to downsize room by room.

YOGA + MINIMALISM: CONNECT TO YOUR CORE WORKSHOP

Yoga is more than poses. It's a philosophy that connects us to our inner guide, our core. Your core is both the most efficient and meaningful mechanism to approach a peaceful and organized home space. This workshop blends the philosophies and lifestyles of yoga and minimalism through the vantage point of the core. Yoga asana (posture practice), with a core strengthening focus, will be woven throughout.



LESS EQUALS MORE

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