

# NEW YEAR, NEW BODY

## WORKSHOP

INFINITE BODY AWARENESS

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### FOCUS OF THIS WORKSHOP:

Have you ever noticed how your New Year's resolutions never come to fruition? Do you ever wonder why it is so difficult to start or sustain your resolution, and why you fall off the wagon? In this New Year, New Body workshop, you will learn simple strategies to listen to the signs of your body, which, in turn, will assist you in aligning to your highest values to achieve a new body in 2019. You will learn a series of body connecting and breathing exercises that will bring greater awareness, and you will learn tools to heal yourself and achieve the new body and life you desire.

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### IN THIS WORKSHOP YOU WILL LEARN:

- How to discover what you value the most
  - How to identify your body's signals when you are aligned or out of alignment
  - How to be guided by your inner knowing versus outside pressures
  - How to reframe perceptions and experiences to break out of conditioned patterns
  - How to use stress and change as a springboard to a new body and new life
  - How to be inspired and discover your life's mission
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- INVESTMENT IN SELF
- **\$149.00 + GET**
  - **Sunday, December 2nd from 1:00PM to 4:00PM**
  - **There are only 8 spaces available.**
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