

Getting Unstuck Workshop



Free Yourself: January 16, 23, 30 and February 6, 2016

- Do you feel like you're not making progress in important areas of your life?
- Do you hesitate to take good opportunities that are presented to you?
- Do you make New Year's Resolutions that don't last until February?
- Do you want something different in 2016?

Abundance Wellness Center, 325 John Knox Road

Each session is from 1:00 PM - 3:00 PM

All four sessions for \$160

Register: www.fromtheasheshealing.com/workshops.html

About The Workshop

Robin Dunn Bryant: MFA Creative Writing, Yoga Alliance RYT 200 and Certified TRE Practitioner will lead workshop participants through classes that include yoga, TRE (trauma and tension releasing exercises), meditation and journaling. Between the weekly classes participants receive one in-home mini yoga class, one audio meditation and three journaling prompts.



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