***Love Yourself* Workshop**



**Come join us for a delightfully rejuvenating afternoon of movement, sound, journaling, meditation and more …**

**This class will be an opportunity to slow down, release stress, and reconnect with yourself.** We will engage in a variety of practices that cultivate inner peace and liberate the mind and body from blockages … allowing for freer self-expression and uniting mind, body & spirit.

**This journey of dance, dialogue, mantra, stillness and more, will help:**

* deepen Self-Acceptance, Self-trust & Self-compassion
* release old patterns and negative self-talk
* create new, supportive inner dialogue and habits
* relaxation into the graceful flow of Life

**~ Yogi Tea & healthy snacks provided ~**

**When: Saturday 13th April , 2 – 6 pm**

**Where: The Nurture Shed, The Barn, Moor Rd, Middlezoy, Somerset TA7 0PQ**

**Price: £25**

**Registration necessary. Please call or email Sahina: Tel: 07756 311 146 email: SahinaBella@gmail.com**

**Facilitated by:**

**Svetlana McGraw**, Kundalini Yoga & Shakti Dance teacher

**Sahina Grinczer,** Soul Guide www.Sahina.Weebly.com