

Journey Through Menopause Yoga Workshop



Elizabeth Boothby, Y200 has been practicing yoga for 20 years and has most recently found Yin Yoga to be the most healing. We will use breathwork, chakras, and long, slow movements coupled with stillness to help find space and balance in your body.

Thursday March 26
6-8pm
900 D St Petaluma



Register
Here

Join us at a beautiful Petaluma studio for an evening of exploring your own peri/menopause journey coupled with a sacred yoga practice. Our hope is to connect you with your divine process around this monumental transition. Move from confusion to embracing this natural process that deserves grace and compassion. All you have to do is walk through the door.



Resilience
CHIROPRACTIC & COACHING

