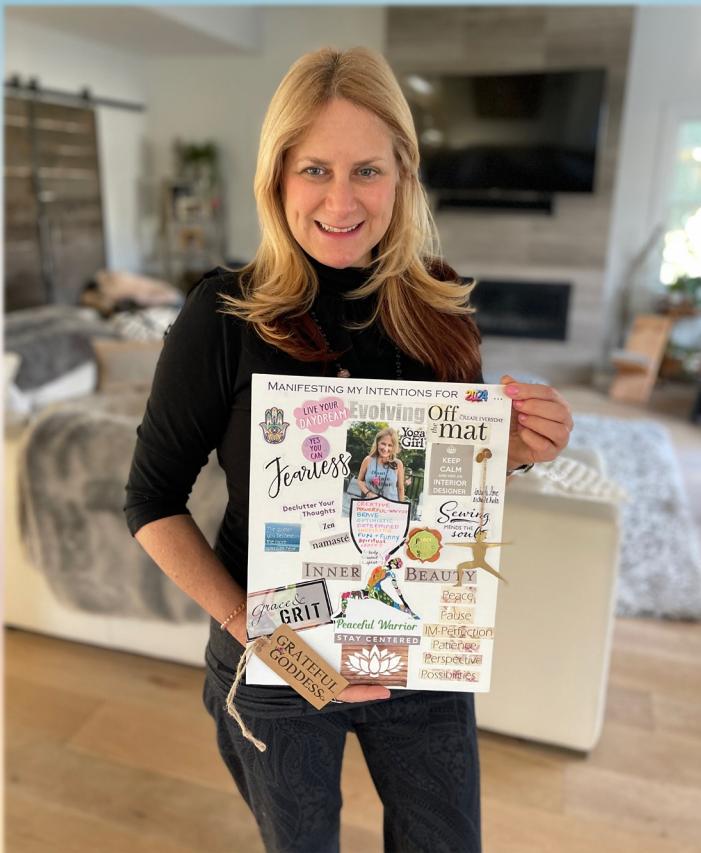


# Yoga & Vision Board Workshop

## w/Jen Streim

### Saturday January 20th

### 1:00-3:00pm



"Manifesting starts with self awareness of our own thoughts, feelings, emotions, beliefs, and values, and how each of those impacts our experiences and actions."

Workshop includes slow yoga flow, meditation & creating an intention board

Please bring:

2-3 magazines that speak to you &

a printed picture of yourself

All other materials will be provided

**Investment: \$75, registration by January 18<sup>th</sup> required**

A minimum of 5 participants is needed for this workshop

You can register at the studio or [www.yogalifepw.com/events](http://www.yogalifepw.com/events) tab