

Women's Soul Circle

Reclaim, Cultivate & Support The Feminine Spirit!

Friday, March 6

7:30PM-9:00PM

\$20 per person

Join us for 90 minutes of sacred meditation, movement practices, open dialogue and sharing to rediscover our physical selves in renewal, release and rebirth.

Together we will hold space for each other to cultivate space to reclaim our power, restore sisterhood, spirituality and well-being.

This experience will leave every woman who attends feeling fully supported and empower her to live her most authentic life.

Let's grow and glow together!



Pre-register online to reserve your spot:

<https://www.updogyoga.com/workshops/workshops-rochester>



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