

Anchored Living for Testy Times

On the Mat & On Journey

November 16, 2018



Life has times of challenge. During these times we may be tested and stretched. How can you thrive during challenging times? How can you apply?

Join Yoga & Ayurvedic practitioner Julie Stewart and Shamanic practitioner & Guide Alice Paipa- Lenard as they offer you practices to you daily movement and routines to enhance your well-being and stay anchored during trying times and everyday.

- ▶ Engage your body in a deeply anchoring and grounding yoga practice
- ▶ simple, powerful tools to thrive during difficult times
- ▶ Journey to meet and deepen your personal spiritual support system

When: Friday, November 16, 2018

Where: 2 S. Park Avenue, 3rd Floor
Lombard, IL 60148

Time: 7:00-9:30pm

Investment: \$35

RSVP to Julie at
info@YogaAyurvedaCenter.com or
630-330-9461