

Sacred Reflection & Intention-Setting:

an Embodied Practice & Healing, Spiritual Experience in Creating the 2016 You Desire



Take this time for yourself and join us as we gather as women in sacred circle and ceremony to reflect on the past year and set intentions for the New Year.

Employing restorative postures, our breath, healing vibrations, therapeutic-grade essential oils and guided meditation to draw inward and bring us into the present moment, we create space for reflective journaling and making peace with past moments. We then shift our focus forward and look to create our future moments by dreaming, consciously designing, and vibrationally declaring our intentions for an abundant year ahead.

This holiday season, gift yourself with this deeply personal, healing and relevant workshop.



Christine Kathryn
Yoga

Christine Reber, 200 Hr RYT and Certified Yoga Life Coach is on a mission to create space for healing and empowerment for women who are ready to draw inward for answers to life's questions. She believes we are all born with an innate wisdom about what's best for our own SELF. Society teaches us to ignore our inner knowledge and look outside ourSELVES for answers.

Christine teaches the use of movement, breath, mindfulness and reflection to help clients reconnect with their sacred center and lean into and align with the divine path given each of us at birth. Her mantra both on and off the mat is to inspire women to "love themselves enough to do the BRAVE things!"



Abhyaasa  Yoga
practice for awakening

SATURDAY, JANUARY 2, 2016

1:00 - 3:00 PM

ABHYAASA YOGA STUDIO

124 S. WEBSTER STREET #201

NAPERVILLE, IL

\$35 PER PERSON

\$30 EARLY BIRD BY 12/27/15

Register today to reserve your spot ~ space is limited!

www.abhyaasayoga.com