

Your Self as Your Friend



Mid-Summer Refreshment and Reflection at Jai Yoga Studio

***Are you longing to feel more kindness and presence in caring for your Self and your Soul?
Join us for a restorative afternoon of honest, tender and loving care that includes:***

- Meditation/centering practice
- Learning to use your breath as a tool for healing
- Releasing the drain of unfriendly habits like criticism and judgment
- A safe space to explore self-discovery and creativity
- Learn simple techniques that will help you remember your spacious Self inside

Love, Joy, and Vitality are always present in this restorative space!

When: Saturday, July 15, 2 to 4pm

Where: Jai Yoga Studio 37 E. Northwest Hwy, Palatine

Fee: \$25 when pre-registered by July 7, \$30 after / at the door

Register: Call Sarah, 262-745-8362,

online at https://www.wellnessliving.com/rs/event/jai_yoga_studio?k_class=42198&k_class_tab=5535, or

in person at the Studio

Your facilitator: Sarah Karnes mentors women to skillfully navigate transitions, reclaim their mojo and change the world. Her studies with Feminine Presence keep her expanding into more authenticity, joyful expression and impact in the world. As the area Coordinator for The Way of the Heart trainings and creator of Your Self as your Friend workshops, Sarah's approach helps women realize their courage and confidence, thriving more through the changes life naturally brings.

