



SELF CARE WORKSHOP FOR WOMEN

IT'S TIME TO TAKE CARE OF YOURSELF

BOOK YOUR FREE PLACE ON AN 8 WEEK COURSE

In a fun relaxed environment learn how to:

- Re-connect to your own intuition and guidance
- Empower yourself with tools to find your inner strength, self love and self respect
- An awareness of patterns that no longer serve you
- Learn how to set healthy boundaries

WHO WITH: Verena Nash - Certified Yoga Teacher, Musician/Songwriter and Roehampton Resident

I will be teaching you the following tools, which have helped me move from victim to empowered survivor after the trauma of Domestic Abuse:

- Movement
- Breath work
- Sound healing
- Journaling
- Meditation

WHEN: Fridays, starting February 4th 2022, 11:30am to 1pm

WHERE: Alton Activity Centre, Ellisfield Drive, SW15 4DR (only 5 minutes walk from Roehampton Library)

Please contact Verena Nash for more information/sign up (spaces are limited) at verenanash@hotmail.com

