HEALING THROUGH CONNECTIONS

THURSDAY, SEPTEMBER 26, 2019
5PM – 7PM
AT THE CENTER FOR SOCIAL JUSTICE LIBRARY

YOUR BODY LOVES YOU
WITH ESTHER BROWN

This workshop is focused on holistically teaching the participants techniques and tools that will bring healing and cohesion between Body-Mind-Soul. Participants will learn yoga forms to connect with their physical body, breathing techniques to connect with their mind, and meditation to connect with their soul calling.

RSVP @ http://bit.ly/yourbodylovesyou