



Living Your True Purpose

SUNDAY | SEPT 22, 2019
2:00-5:00

**Living a life of purpose
increases one's well-being.**

*"This experiential workshop is for
people 17 and older. It is designed to
help you find your "why!"*



WHAT YOU WILL LEARN

- Ability plus effort leads to accomplishment
- How to connect to one's authentic self through meditation, art, journaling and movement
- The benefits of goal setting

*"This class made me feel better than I thought. I learned more
about myself and what I wanted." - Lauren N*



Cost: \$75

Go to: www.tovamiyoga.com/workshops/ to register

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bring your life, gain your peace

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