

Women's Healing Collaborative Presents:

WOMEN'S WELLNESS WORKSHOP

Saturday, June 15, 2024
10 AM – 1 PM

Where:

Western Skies Business Center
1166 E. Warner Road
Suite 101
Gilbert, AZ 85296



Cost:

\$55 per person

Time for some
spring cleaning! Let
go of old, negative
beliefs and embrace
a fresh perspective.

Your Facilitators:

Maria Talamante-Pohlmann, MC, LPC

Lisa Bravo, DBH, LPC, LISAC

Your facilitators are seasoned psychotherapists and dear friends with a passion for wellness, adventure, and curating joy! They are excited to share their expertise with you at their workshop.

Workshop Details:

Spend the afternoon in a community of women focused on connectedness, self-discovery and healing.

Learn strategies to prevent and manage stress from a comprehensive mind-body- spirit approach.

Develop a personal practice to support sustained well-being.

This workshop will involve hands-on activities, so please wear comfortable clothing. Personal yoga mat optional. Prior yoga experience is not required to participate in the workshop.

Whether you are a new or returning participant, this workshop is sure to inspire you to a more aligned and vibrant you! Due to the small, intimate setting, seats are extremely limited. Be sure to register today!

To sign up, please email:

workshop@womenshealingcollaborative.com