

# CONSCIOUS WELLNESS

## A ONE-DAY WORKSHOP

A sustainable wellness approach uniquely  
tailored to you

June 27, 2025

8:30am to 4pm

Hosted By: Amy Loyd Yoga  
1025 Canton St., Bldg. C  
Roswell, GA 30075

**Tickets: \$275**

\$250 if purchased by May 30, 2025. Use coupon code: EARLYBIRD

### WHAT'S INCLUDED

**lunch; workshop materials and take-home tools**

**AND**

**One FREE coaching with Caryn or Tracy (within 3 months of workshop conclusion)**

Register:



Learn more:

[Conscious Wellness Workshop](#)

### WORKSHOP INSTRUCTORS



**CARYN AVANTE**

Caryn is a certified Somatic Coach. She works with clients using a holistic approach that integrates the body's sensations, movements and emotions to promote self-awareness, healing and growth.

[caryn@carynavante.com](mailto:caryn@carynavante.com)



**TRACY HALL**

Tracy is a certified Wellness Coach with a Masters degree in Exercise Physiology. She creates customized wellness programs for clients through mind-body integration enabling them to live a beautiful, health filled life.

[tracyhallwellness@gmail.com](mailto:tracyhallwellness@gmail.com)

# Are you...

Feeling unmotivated/discouraged about your state of health and wellness?

Dealing with chronic illness or injury and want to feel more hope and empowerment?

Burnt-out, stressed-out or going through major life changes?

Craving a deeper sense of wellbeing but feel unsure of the next steps?

## What You Will Learn

How to create a sustainable plan towards restoring your optimal wellness.

To address the areas that are causing you dis-EASE and discontent.

How to use your body's unique wisdom to create a personalized wellness "toolbox" that serves YOU and your unique wellness needs.

How your physical, mental and emotional states impact your health.

What to do when you get stuck or when things are no longer working.

# Do you...

Feel pulled to take better care of yourself, but feel uncertain about the "how" or "what"?

Want customized tools to address your changing body, i.e. aging, hormonal changes, physical limitations.

Long for deeper care of your health, but your current ways aren't working.

## You Will Experience

An immersive, experiential process connecting you to your WHOLE body, i.e. mental, physical, emotional, energetic.

A nonjudgmental space to safely explore all aspects of your wellness.

The sense of empowerment and hope from learning how to harness your body's innate wisdom to enhance your overall health

For more information contact

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