

Mindfulness for Releasing the Weight off of your Shoulders Workshop



Learn what is mindfulness, how can it help you with your stress and anxiety!

- What is that voice in your head saying? (Yes, everyone has a voice in their head saying something, it is positive or is it negative?)
- Learn how to feed the emotions that you want to feed and not the ones you want to release.
- And more!

Annual Pass Clients- FREE

Guests- \$10

Hosted by Kim Goeltom, Board Certified Wellness Coach

To learn more about Kim go to www.creatinglegacywellness.com!

6/13/19 | 6:00PM TO 7:30PM

BODY BALANCE WILLIAMSBURG STUDIO

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