

# Mindful Wellness LLC presents...



*She was on a journey...  
Back to herself!*

♥ [A 4-Hour Workshop to Restore Us to Our Best Self](#) ♥

## Featuring:

- Breathing exercises & other stress-reduction techniques
- Mindfulness practices to help us live with presence & purpose
- Pivoting techniques to regain perspective & respond vs react
- Empowerment yoga
- Guided meditations
- Restoration & Renewal of spirit

Led by Kristin Johnson Bott ~ former middle school teacher, yoga & mindfulness instructor, founder of Mindful Wellness LLC.

**HURRY! Space is limited to ensure an intimate experience!**