

SATURDAY SEPTEMBER 25TH 2021, 2-4PM  
GRATITUDE YOGA, SALMON ARM

# Becoming EMBODIED

W/ MADELEINE EAMES  
MSW RYT500



- \* Learn embodied yoga to step into your most authentic self
- \* Heal and release your emotional body
- \* Take your yoga off the mat for greater awareness and change
- \* No experience needed, all are welcome
- \* In person and online

**\$40**

WWW.GRATITUDEYOGAINC.COM OR 250-517-8747 TO REGISTER



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