



AWAKENING JOY FOR WOMEN PRESENTS:

Holiday Glow

with Beth McCarthy

Sunday, December 3rd *from* 1 to 5:30pm

The holiday season can be a magical time of year. However, it can also leave us feeling depleted and in need of tender self care. As women, we are gifted the wisdom and beauty of the seasons to review our commitment to health and living a life we truly love.

What are your heart's deepest wishes, desires, and dreams leading up to the New Year?

Would you like to enter into the 2018 New Year feeling refreshed, calm, healthy, and vitally alive?

Do you have your seasonal self-care plan in place for managing holiday stress and finding rest?

Join us for an afternoon dedicated to self care, strategic planning and self growth. Leave refreshed, renewed, and with a personal holiday wellness plan in hand!



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Beth McCarthy E-RYT 500, is a Certified Yoga Therapist, and Founder of **Awakening Joy for Women**, a Yoga Life Coaching business dedicated to helping women blossom open their lives through the art of self-care practices.

To learn more about Beth, her services and women's programs, visit healingthroughyoga.net
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\$60 general admission

Bring a friend, and as a special gift, pay only \$50 each

Please bring a bathing suit, journal and personal snack, dress for yoga, and bring layers

SunWater Spa

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TWO-HOUR MINERAL-WATER SOAKING PASS IS INCLUDED FOR THIS EVENT