

Awaken the Feminine Spirit Workshop

with Ann Geraci

Are you a women seeking to explore your potential, find purpose and achieve greater physical, mental and emotional health?



This 3 hour workshop will encompass a variety of physical disciplines derived from Yoga, Pilates and Tai Chi and an infusion of expressive arts to guide in releasing negative behavioral patterns to bring emotional healing and greater self awareness and confidence into our lives.

*To prepare for the day, Sattvic Space invites you to join the morning Bhakti Yoga class by Neve from 10:30-11:45. This is a donation-based class.

Ann has spent a lifetime in the field of human services, as a health educator and fitness trainer. She is a certified Personal Trainer and BASI Pilates instructor, as well a seasoned Yoga practitioner and nutrition specialist. Ann has utilized her Art education degree as a therapeutic measure in working with children, high risk adolescents, and adults. Currently she is completing a Master's degree in Clinical Mental Health and would like to continue working as a holistic practitioner and therapist in the field of behavioral health.

Cost for the event: \$35, Space is limited.

Please call to Register: (757) 560-5438 or (757) 655-3322 or add a comment on this posting.