

Yoga, Body Image & Self Love

Dearbhla Kelly

January 14, 2017 - Saturday

2pm - 4:30pm

\$45 Early Bird / \$55 Day Of

Many of us have struggled to overcome body image issues and to quiet the voice of the persistent inner critic. Seeing ourselves as beautiful can be a life long process.

The journey to self-love and self-acceptance is at the heart of yoga; it is the most important journey you will make.

This workshop will give you tools to cultivate radical self-love and self-acceptance and to hold yourself with compassion and tenderness.

Guided meditation and visualization, journaling, partner work, and asana practice.

YogaWorks Larchmont Village

• 230 N. Larchmont Blvd Los Angeles, Ca 90004 •

• 323-464-1276 •

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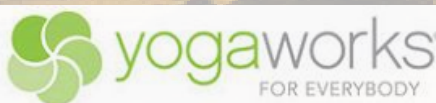


Photo by Robert Sturman