



Women's Circle

Skills for Listening to Your Body's Innate Wisdom

May 31, 2015 from 2 - 5pm

Want to understand more about your body's inner landscape and know how to be more grounded, present in each moment, with healthy boundaries, more resilience, and more access to your creativity and joy? In this introductory workshop, you will learn about body-energy awareness as well as techniques you can employ to become grounded and energetically full.

Through lecture, experiential guided meditation, discussion and exercises you will explore:

- establishing healthy boundaries
- understanding your unique energy flow
- facilitating self-healing and self-care

Come discover the elements of Healing from the Core, a program that has enhanced lives for more than two decades.

Class Format: This three-hour program runs from 2pm to 5pm.

Location: **AGNI YOGA AND HEALING ARTS STUDIO (BEHIND EAST GATE PLAZA NEXT TO ATLAS MOVIE THEATER)** 1341 SOM Center Road, Mayfield Heights, Ohio 4412

Tuition: \$45 Early Bird: \$35 (must register before May 1, 2015)

For more information contact:

Beth Ann Benetz at bethannbenetz@gmail.com or 216-374-1469.

Registration: Directly with Agni Studio, online at www.agnistudio.com or by phone 216-374-2138

Instructor: Beth Ann Benetz is a certified Healing from the Core presenter.

After participating in this workshop, you may study these concepts further by:

- Practicing the self-directed relaxation learned in the class;
- Joining a monthly Women's Circle designed to deepen our understanding of the program; and/or
- Attending a Healing from the Core workshop offered at various locations nationally.
www.healingfromthecore.com