

The Winter Blues are real. Let's warm up together.

Winter can be tough at times. It's cold outside, the holidays are over and New Year's Resolutions have faded. It can leave us feeling "blah" or "blue" or even sluggish and depressed.

But it can *also* be a great time to become your **own** barometer.

No one can truly forecast the weather, but you *can* forecast your mood and your happiness by creating your own internal landscape by structuring your breath, your movement and your thoughts.

Open your heart to the calm available during these final weeks of the winter season.

Join us for a Conscious Connections Winter Workshop!



This course is open to all teachers and all level students of life.

We'll work through poses, postures, breath work and positive affirmations with mantra.

Bring a journal & pen for flash writing.
Mindful tips and challenges for lively living.

Saturday from 2:30pm - 4:00pm
on **March 10th**

A Workshop taught by **Marla Sacks**

Cost: Only \$20

Sign-ups in advanced are preferred/ Drop-ins are welcome. Hosted by:



175 Rock Road, Glen Rock, Jen@Naturallyyoga.com, NJ 201-612-7330