

New Year, New Intentions

with Monica Bright

With the new year there comes the opportunity to renew yourself and your resolve for your life's plan.

Join Monica for a 90 minute exercise in RENEWAL. Gift yourself this special class to ask yourself meaningful questions which will assist you in setting worthwhile & attainable intentions which you'll be excited to commit to. Through the process of journaling, mindful movement and meditation you'll leave with a renewed sense of self, eager to tackle your goals.

Please bring a journal & pen

Tuesday, January 1st

5:00 - 6:30pm

\$20 before December 24, \$25 after



Beverly Yoga Center

*May the practice of yoga and meditation cultivate kindness,
compassion and care for your mind, body and heart.*

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