

Soul Flow

This Spring season connect with your Soul's Flow and Wisdom

Friday, March 1, 2019

11:00-1:00pm

Join Reiki master, Lisa Espinosa, for this rejuvenating and restorative class that includes Reiki, movement, meditation and mantra.

In this special class Lisa will guide you in releasing any lingering burdens from the past so you can enjoy the spring of 2019 with confidence, courage and clarity.

Through special guided meditations you will access the guidance of your Soul so you can have focus and clarity on what you want to create in the new year.

You will leave this class feeling relaxed, renewed and inspired.

\$35 before February 25, \$40 after
Space limited to 13.

LISA ESPINOSA is a spiritual career coach, and Soul meditation teacher. She is the author of *Answering Your Inner Calling*, winner of a 2017 Independent Press Award. Lisa integrates spiritual principles with her training in the Internal Family Systems model of psychotherapy and Reiki energy healing. Throughout the year Lisa regularly teaches workshops and classes designed to help people connect with the wisdom and clarity of their Soul. Prior to engaging in this work, she was an award-winning middle school teacher. Lisa is the mother of 5 beautiful children. Learn more about her work at lisaespinosa.net.



Beverly Yoga Center

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