

FOR
ALL
THOSE
WHO
MOTHER
THE
WORLD

AN EVENING OF *Chanting*

Join Reiki master teacher, **Lisa Espinosa**, for a nurturing and uplifting evening of chanting.

Whether you are a mother, or someone who mothers others through your love and wisdom, join us for this delightful evening of nurturing. Lisa will guide you through various simple, and powerful mantras that will help you relax deeply and clear your body, mind and spirit. Leave class feeling refreshed, and rejuvenated, ready to share your light from a place of abundance and joy. Class will include mindful movement and Reiki to take your healing to an even deeper level.

No prior experience necessary. Beginners welcome.

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.

FRIDAY
MAY 10TH

7:00 - 8:15 PM

\$35 early bird; \$45 after 5/3

Pre-registration required.

Space limited to 14 participants.



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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www.beverlyyogacenter.com