

Nourishing the Woman Within: Inspiring Growth for 2018 Workshop

This is more than a workshop - it's an experience! Join two holistic healers as they empower you to break through the barriers that are holding you back from achieving optimal health for mind and body.

- Move from self-sabotage into self-love and set powerful intentions for 2018
- Get off the diet train and learn how to eat intuitively
- Turn force into flow by tapping into your feminine energy
- Learn techniques that give rise to long-term vitality

Vancouver Wellness Studio
800 Franklin St #200
Vancouver, WA 98660

Thursday, January 18th, 2018
6:30pm-8:00pm

Investment: \$35 per person



4 week intensive to follow!



Stacy Yardley, CPC
Empowerment Coach & Self Love Guide
Katie Dwaileebe, MScN
Holistic Nutritionist



Registration and Information:
nourishedwoman2018@gmail.com