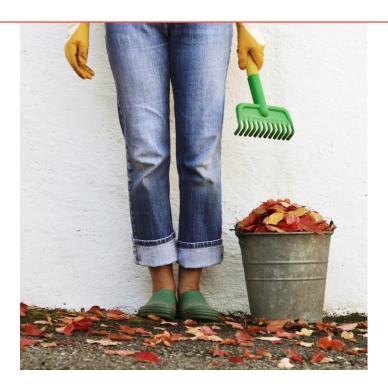
## BODY APPRECIATION



WORKSHOP FOR WOMEN
4 SESSIONS

## **NOVEMBER 2013**

**MONDAY:** 4TH, **11**TH **AND 18**TH

WEDNESDAY: 6TH

TIME: 7:00 – 9:30 PM

PRICE: \$395

LOCATION: NE PORTLAND

## **Event Description:**

We will spend four sessions teaching you how to create a new way of looking at yourself. You will learn not to judge yourself, but to love and respect yourself. You will learn how to easily move from an unwanted behavior to the behavior you really want, with love and trust.

Sign Up At Either Website.

Are You Ready to Create a New Way of Looking at Yourself?

Have You Criticized Your Body Enough Or Do You Still Need More Time?

Replace The Critical Judgment of Your Body with One of Appreciation and Acceptance.

Give Yourself The Ultimate Gift Of Body Appreciation!

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www.colleensuzanne.com