

BODY APPRECIATION



WORKSHOP FOR WOMEN 4 SESSIONS

NOVEMBER 2013

MONDAY: 4TH, 11TH AND 18TH

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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