

Satisfying Hunger:

The Secret Your Body Wants to Tell You

a yoga-based workshop for women



What part of you is hungry — and what are you hungry for?

Your body's center has the power to help you identify and satisfy your deepest hungers. In this workshop you'll discover how simple breathing, movement, and writing exercises can bring forth your body's wisdom and intuitive guidance.

This event is for all women who want to boost their body confidence as well as for eating disorder professionals, health care providers, yoga teachers, and bodywork therapists.

Eat a light lunch and come dressed to move!
Maximum number of participants: 15

Location:
Arts of Yoga Studio
717 South Marshall Street
Winston-Salem, NC 27101

Visit <http://loveyourbody.wordpress.com> for information about other Love Your Body events!

**Sunday,
October 14th**

1:00 - 4:00 pm

Pre-register: \$45
At door: \$50

To Register:
Contact Sara at
sayates2@gmail.com or
(336) 705-4751

Instructor Lisa Sarasohn:



Lisa Sarasohn draws on more than 25 years' experience guiding women to love our bodies and ourselves. Certified as a Kripalu Yoga instructor at the advanced level, she has created the Honoring Your Belly project and The Woman's Belly Book as ways to support women in claiming and cultivating our creative power.

<http://loveyourbelly.com/index.html>

Love
Your
Body



a Love Your Body event