

Body Image/

Body Confidence

a workshop for women
complementing **The Century Project***

Monday, April 7
5:15-6:45 pm

Catamount Room
University Center
Western Carolina University

Admission: free

When is your body going to be "good enough"?
What does it take to feel good
about your body...

...regardless of its shape or size?

Join **Lisa Sarasohn** to learn simple yet powerful breathing, movement, and writing exercises to **make peace** with your body and receive the many gifts it's ready to give you.

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

Eat only lightly before the workshop and come dressed to **move**.



Lisa Sarasohn is a Kripalu Yoga instructor and health educator with 25 years' experience in the healing arts. She's author of *The Woman's Belly Book: Finding Your True Center for More Energy, Confidence, and Pleasure* (New World Library, 2006) — featured twice in *O*, the Oprah magazine.

The Century Project
Multipurpose Room
University Center
April 7 - April 9
10 am - 8 pm
Admission: free

***The Century Project**, the work of photographer Frank Cordelle, is an exhibit of nude portraits of women and girls from the moment of birth to nearly a hundred years of age.

The series of photographs presents women of many shapes, sizes, and life experiences. Moving personal statements, written by the women themselves, accompany the images.

The photographic portraits are also presented in Frank Cordelle's book, *Bodies and Souls: The Century Project* (Heureka Productions, 2006).