

# Befriending What's Next for You

## A Dialogue between Body and Soul

July 7, 2007  
1:30-3:30 pm  
\$30

Inspired Yoga Studio  
12<sup>th</sup> and U Sts NW  
Washington DC 20010



Befriending what's next in your life starts with befriending what is. When we can be fully present with the emotions of the present as they are, we can move through them into new gifts from life and more clearly see what wants to happen next.

In this workshop we will support each other in identifying what is, letting our "body language" speak, and using our yoga practice to lead us into being what wants to emerge next. If there is some breakthrough you are ready for, this workshop might be the perfect catalyst!