

BODY POSITIVITY WORKSHOP

Saturday, March 1st, 1-2:15 pm

Please register online, embracingfitness.com by 2/26

All welcome, \$25

Students/ members \$20

So many of us suffer from body shaming ourselves and others. What if we flipped the script in our mind to kind and loving thoughts instead? In this workshop, students will learn tools to love and respect their body and be proud to call It home.

Meditation, breathing exercises, restorative yoga and self love exercises will be practiced. Perfect for all ages and levels of experience.

973.477.2448

Embracing Fitness

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