



women's circle

we come together to support ourselves and each other.
to slow down, breathe, share, stretch, and allow our minds and bodies to rest.
to feel seen, heard, connected, and loved.
to explore aspects of ourselves, our experience, our innate wisdom.
to experience the power and magic of sisterhood.
to reclaim our time and energy, and cultivate the boundaries to protect it.



each session includes: grounding meditation, self-inquiry, sharing,
breathwork and movement (asana)

TUESDAYS, SEPTEMBER 13 - OCTOBER 18

8:00-9:30 PM Eastern, 5:00-6:30 PM Pacific - LIVE ON ZOOM

ENERGY EXCHANGE \$175-300, no one is turned away for lack of funds

10% of profits donated to Planned Parenthood to support reproductive health & rights

R E G I S T E R B Y S E P T E M B E R 6

to register or ask questions please e-mail rebecca@purepresence.net