



JOIN LEAH BIERSACK TO:

TAKE YOUR POWER BACK!

APRIL 10, 2022
1:30PM-3:30PM
\$30



This 2 hour long workshop will allow you to step into your strength and away from your fear!
Together we will literally, "Let That Shit Go."

We will use different courage building mediums including; **paint**, **artistic expression**, **movement**, **vocal release**, **pranayama**, and **yoga asana** to rid your body of fearful stories and judgments.

Come prepared to lay it all out on the table (*rather the canvas*), to move your body though an invigorating Vinyasa practice, and then to destroy that which is holding you back from your power!

Paint filled water balloons anyone??



What you you'll need:
Your yoga mat, yoga clothes, water, and an open heart.
Leah's got the rest!

