

Disconnect from the frantic pace of the world and unite with yourself.



Putting Yoga and The Laws of Attraction to Work To Help You Achieve Your Life Goals and Dreams

This for all the ambitious gals who want to plant the seeds of new and old dreams. In this fun and empowering female only session we will explore yoga and laws of attraction to propel us on a path to achieving our life goals and dreams.



In this empowering workshop you will learn:

- High level exploration of laws of attraction
- To recognize how our thoughts help or deter us from reaching our goals and how to turn your intentions into reality
- Series of yoga postures to remove energy blocks, over come fear, cultivate confidence and tap into our personal power
- Breathing and meditation exercises help rid ourselves of negative thoughts that hold us back
- Session ends with 20 minute session on how to make your very own vision board. Vision board supplies are optional but extra. May also bring own materials.

Date: Held at various studios in Chicago-land area. Call 708-469-7256 to get on waiting list.

Time: 2 ½ hour workshop

Cost: \$30 (plus vision kit if choose to purchase)

About Unity Yoga Studio



Our mission at Unity Yoga is to enhance your health and vitality using the ancient tools of yoga. At Unity, we believe yoga is beneficial to everyone. There are no prerequisites to practice yoga. Unity Yoga Studio is located in a residential neighborhood of LaGrange. It's intimate and inspiring 1,600 square foot studio space has all the appointed conveniences of a larger studio. It's a perfect getaway from the stress of life. You will feel welcomed and pampered upon entering – and calm and peaceful after leaving. Each workshop provides useful tips you can apply to your hectic life for better self-care in areas where you need it the most.



Come to Unity and experience the many benefits of Yoga.

**Save
\$5**

**Bring a Friend and you both
get \$5 off and a free water
bottle**

Bring this coupon to class to redeem discount or enter REFER when paying online.

