

The Heavenly Mother

with **Jes Von Henzke**



A workshop for new-ish moms of any age who needed to take some time out for themselves.

Sunday October 2, 2011

10:00am-12:00pm

Open Space Yoga, Ladner

Cost \$40

To honor the role of mother within yourself, by rejuvenating and recharging your light. Fill your heart and soul with goodness, so that you in turn can raise conscious humans, who know how to honor themselves. Breathe into yourself and soften the edges of anticipation and responsibility, knowing that you are using this time for yourself.

Let's gather and celebrate The Heavenly Mother!

JES VON HENZKE :“Yoga is my anti-depressant. Yoga is my stabilizer. Yoga is my retreat. If I can find a way to bring someone to the place of healing that I have experienced through yoga, my journey will have been worth all the tears, all the grief, and all the pain. Yoga heals from the inside out, and I'm living proof.

I appreciate the intricacies of alignment as a way to create a more balanced and harmonious body, mind, and spirit. I like to bring my personality to every class through knowledge, sincerity, and humor. Expect to roll up your mat feeling more present, and absolutely glistening with the light of your heart radiating from within! Let's shine together and connect our hearts through the love of yoga!”



CALL 778-858-YOGA (9642)

or register online at

www.OpenSpaceYoga.com

Open Space Yoga 4880 Delta Street, Ladner Village