

# Embodied Life™ Workshop

with

**Barbara Forbes**

on

**Sunday, June 24th, 2018**

**12.30 pm - 4.30 pm**

at

**Inwood Movement**

(5030 Broadway @214th St, Suite 613, New York, NY, 10034)

**Let's change the climate 'in here' ❤️ while bringing kindness and compassion to ourselves. When we extend this gift towards others, we can change the quality of our interaction in the world.**



**Please join me for an afternoon practicing embodied guided inquiry, inner listening and *Awareness Through Movement*®.**

**We will create reliable resources for bringing heartfelt intention into action.**

**Space is limited—please reserve yours now! And forward this invitation to others wanting to deepen appreciation of embodied learning and living.**

**No previous experience is necessary, and payment is by donation.**

**See you soon!**

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