



Choose Joy Now Workshop

March 29th 2:00pm ~ 4:30pm

XYZ Movement Arts ~ Friday Harbor, WA

Come and Feel The Power of JOY in you!

My main mission in life is to spread the powerful message that Joy is a sacred birth right for all to embody. I will be sharing 21 pleasure centered rituals, Poetic Joy Meditation, Movement of NIA, and more that will all develop magnetic joy in you. You will walk away filled with abundant gifts to boost your senses into an explosion of Joy. We will also celebrate YOU and share Joy together in an hour of JOY in the body with a magic filled Nia Class designed by my mission! More Joy is waiting to be ignited inside you! Give yourself the gift to set life into grounded meaningful fulfillment for 2014!

\$45

pre register, testimonials and more info at

www.islandjoywellness.com

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coming from Whidbey Island, WA

License Blue Belt Nia Teacher & Life Brilliance Coach



