



WOMEN'S SOUL CIRCLE

**A PLACE TO RECLAIM, CULTIVATE, AND SUPPORT THE
FEMININE SPIRIT**

Join us for 90 minutes of sacred ritual, meditation, and movement practices to rediscover our physical selves. The winter solstice is a time of release, renewal and rebirth. Together we will cultivate space to reclaim our power, restore sisterhood, spirituality and well-being. This experience will leave every woman who attends feeling fully supported and empower her to live her most authentic life.

DECEMBER 13, 2019 7:30PM

UPDOG YOGA

210 W. UNIVERSITY ROCHESTER, MI 48307

248-608-6668

COST: \$20 PER PERSON

[HTTPS://WWW.UPDOGYOGA.COM/WORKSHOPS/WORKSH OPS-ROCHESTER](https://www.updogyoga.com/workshops/worksh_ops-rochester)