Women's Wallmess Program Featured Speakers Series

1st & 3rd Fridays 10:15 a.m. - Check-In 10:30 a.m. - Noon

Morro Bay Library Program Room 625 Harbor St.

For the comfort of all attending. please come fragrance free to all our programs



A Free Program of the:





Info: Karen Robert, M.A., Group Facilitator 805-772-9268 • karen@live-now.org

www.live-now.org

April 1 - Demystifying Yoga

Jennifer Patterson - Owner, Yoga Center of Morro Bay, ERYT500 Yoga Teacher with 20 years of experience, Specializing in Therapeutic and Adaptive Yoga and helping to make yoga's amazing benefits accessible to all vogacentermb.com



Yoga is not just about exercise but a way to transform our mental and physical challenges into a practice that offers greater resiliency. Come join our conversation as we dive into the science and psychology of yoga that supports this ancient practice as it emerges into modern times.

April 15 - Learn Why Self-Love is so Important - Realize What is Blocking You from Getting What You Want



Karen Croley - M.A., Life Coach, anewleaf4you.com Local Author, A New Leaf, 12 Spiritual Truths for Starting Over, Psychology Instructor

Come learn about the importance of self-love, what a loving relationship with yourself looks and feels like, the benefits to having self-love, and how not having it can prevent you from getting what you want. Exercises to begin this process of building a loving relationship with yourself are included.

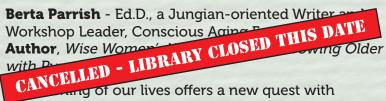
May 6 - Medical Hypnosis - Insights into the Role of the Mind in **Health and Wellness**



Devin Wallace - Certified Clinical Hypnotherapist (CCHT), Certified Qigong Instructor, Applied Meditation Teacher Inner-Workings.com

A growing body of scientific evidence has demonstrated that hypnosis has many useful medical applications. A review of research literature published by the Mayo Clinic shows how it helps in the treatment of a wide variety of physical ailments as well as with stress, anxiety reduction, phobias, low self esteem and confidence issues. How can medical hypnosis benefit you?

May 20 - Wise Woman's Quest: **Practicing Conscious Aging**





distinct trials and triumphs than early adulthood. Conscious aging principles and practices honor, re-vitalize and

enrich this important transition. What can we learn together about conscious aging?