

# Women's Wellness 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.

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attending, please come  
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Info: Karen Robert, M.A., Group Facilitator  
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[www.live-now.org](http://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 [yogacentermb.com](http://yogacentermb.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](http://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

**Berta Parrish** - Ed.D., a Jungian-oriented Writer and Workshop Leader, Conscious Aging Practitioner  
**Author**, *Wise Women's Quest: Practicing Conscious Aging with Berta Parrish*



Conscious aging of our lives offers a new quest with 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?

**CANCELLED - LIBRARY CLOSED THIS DATE**