

# LET IT BE LIGHTER

A space to slow down and see clearly.

## DATE

SUNDAY,  
JUNE 7  
2:00-5:00PM  
W/ SHANNON  
KRAMOLIS



## FORMAT

INTENTIONALLY  
SMALL GROUP  
OF 20 YOGIS  
COST: \$95\*

\*\$20 goes to support  
prison wellness  
programs

### LIGHTEN YOUR HEART. SOOTHE YOUR BODY.

This workshop is a sacred space for you to stop reacting and begin noticing. You'll leave with new tools, ready to move into a state of lightness, peace and embodied joy that lasts. *First in a 6-workshop series.*

### THREE HOURS COULD CHANGE EVERYTHING.

Begin with *grounding meditation*, followed by *workshop + discussion*, then an all-levels *yoga practice*.  
+ Includes handouts and a curated playlist to help you implement your learnings.



Sign up through mindbody app or scan code:

