

# World Peace

A call for women to heal body image & be the change.

Can you relate to any of these statements?

- \*I have a desire to do something more with my life but don't know where to begin.
- \*I'm often anxious (stressed, overwhelmed, irritated) about what's happening in my life & the world.
- \*I struggle with "feeling fat," emotional eating &/or chronic dieting.
- \*My body image keeps me from enjoying life & having more confidence.
- \*I want to discover my life's purpose & boldly pursue my dreams.

Then join us at **Lifesource Yoga** for **Body Karma Healing Foundations**.

A powerful workshop series that guides women in transforming the relationship with their bodies and unleashing their full potential for love, health, happiness and service.

January-March 2016

Full info at: [bodykarmahealing.com/big-workshops-retreats](http://bodykarmahealing.com/big-workshops-retreats)

BODYKARMAHEALING.com



*"Painful body image is the final frontier of feminine oppression in the west. As we heal ourselves, we become empowered to create the change we wish to see in the world."*

Julie Norman, BS, E-RYT, Body Image Guru