



San Gabriel Valley Inland Empire Intergroup presents

THE CHANGE FROM WITHIN – A BODY & MIND IMAGE WORKSHOP

A WORKSHOP FOR MEN AND WOMEN WHO STRUGGLE WITH SOCIETY'S HIGH EXPECTATIONS REGARDING BODY IMAGE.

DATE: JUNE 12, 2022

TIME: 12 TO 2 PM

SGVIE MEETING ROOM OR ZOOM
1157 EAST ARROW HWY, SUITE 4,
GLEN DORA, CA 91740
MEETING ID: 604-572-7175
PASSWORD: 1960

No fee, 7th Tradition

For more information contact: My @ 626-831-1487

Keynote speakers

Develop the life of higher self-imagery practices

Breath work, Meditation, Self-Dialogue Writing

Build confidence in learning to honor & create boundaries with the outside world

Create mindfulness of self-love, awareness, and acceptance

REGISTER AT
OASGVIE.ORG

