

# Sprout Into Your True Self

with  
Valerie D'Ambrosio

BODYWORK BISTRO



LIVING ARTS CENTER

Sunday, April 1st | 4pm - 6pm

Donation-Based Workshop (Suggested Donation \$15)

**Spring Workshop:** As nature moves out of the cold winter toward spring, the pulse of life quickens and blossoms unfurl. Nature makes it look smooth, but for humans it can be more challenging to transition gracefully from one season to the next. Join Valerie D'Ambrosio in this two-hour donation workshop where we will nurture the seeds we have been planting all winter so that they can flourish! We will incorporate postures, discussion, pranayama and meditation, all specifically designed to help you in this season. \*All-levels, some yoga experience necessary.



Founder of Hanuman Festival, Mind-Body coach and teacher, Valerie D'Ambrosio's passion lies in guiding individuals to connect with the emotional, physical and spiritual body. By blending asana, meditation and pranayama, she feels it is a doorway for the practitioner to deepen their intuition and develop a stronger connection to their core truth. Valerie holds retreats throughout the year locally and globally. For more info go to her website [www.organic-twist.com](http://www.organic-twist.com).

To Register:

303.413.1992 ~ [www.bodyworkbistro.com](http://www.bodyworkbistro.com)

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