

# EMBODYLOVEWORKSHOP™

A PROGRAM BY  EMBODYLOVEMOVEMENT®

FEBRUARY 10, 2018  
1-4 PM



## Embody Love for Women!

EXPOSE  
MEDIA MYTHS

CHANGE THE  
CONVERSATION

COMMIT TO  
COMPASSION

RECOGNIZE  
YOUR WORTH



How to register: **Call: State of Grace Yoga Center at 508-278-2818**

The fee is: **\$60**

The Embody Love Workshop™ is a transformational journey that will lead you to finding radical self-acceptance. Through media literacy, experiential exercises, embodied expression, and processing with peers, you will leave behind the critic and instead embrace compassion. This workshop is designed to shift us away from isolation and into inter-dependency as we work together to create a world where we all feel lovable without condition.

[embodylovemovement.org](http://embodylovemovement.org)

**Facilitator:** Sherri Snyder-Roche, MA, LMHC  
Certified Embody Love Facilitator

**Location:** State of Grace Yoga and Wellness Center  
104 E. Hartford Ave, Uxbridge, MA 01569  
PH: 508-278-2818