

Creating Connection & Intimacy

A special 4 part class with Professional Success & Relationship Coach, Jamie Metz

A class designed for women who desire tools and insights on creating more connection and intimacy in their relationships. We will challenge common misconceptions about relationships that Jamie sees in her coaching practice. Women who have done this work have experienced transformational changes. This shift is about feeling cherished and desired by doing less, not more. Participants should come ready to communicate differently and have conventional ideas challenged.

**Wednesdays
April 4th, 11th, 18th & 25th
\$100 (\$80 members) includes workbook
questions - text 775-934-7053**

**Wild Iris Yoga Studio
455 Railroad Street - Elko
www.WildIrisYoga.com**

