

# INNER BEAUTY SHOP

A PROGRAM BY  EMBODYLOVEMOEMENT®

JANUARY 27, 2018



Inner Beauty Shop is a powerful experiential workshop FOR YOUNG WOMEN!

EXPOSE  
MEDIA MYTHS

CHANGE THE  
CONVERSATION

COMMIT TO  
COMPASSION

RECOGNIZE  
YOUR WORTH

*You are beautiful.*

How to register: [www.StateofGraceWellness.com](http://www.StateofGraceWellness.com)

The fee is: \$60

The Inner Beauty Shop™ 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)

**Facilitated by: Sherri Snyder-Roche, MA, LMHC**

**LOCATION:** State of Grace Yoga and Wellness

104 E. Hartford Ave, Uxbridge, MA 01569

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