

Establishing a Practice of Self-Love

Workshop Series with Jenne Sluder, MA RYT

The Shift Studio 708 Fleming St Hendersonville

Sunday, March 20th 3pm-6pm
Radical Self-Acceptance

Sunday, March 27th 3pm-6pm
Healing Through Compassion

Sunday, April 17th 3pm-6pm
Deserving Love and Happiness

Sunday, April 24th 3pm-6pm
Abiding in Calm, True Self

Explore the value and function of self-love from the perspective of modern neuroscience and psychology as well as from the perspective of the Brahmaviharas in the Yoga tradition. Each workshop offers a supportive and nurturing space to dive into personal struggles and explore practical ways of establishing a more intimate relationship with yourself that is rooted in compassion, trust, and self-respect. Each workshop offers therapeutic tools, mindfulness and meditation techniques, deep relaxation and stress management practices, gentle yoga stretching, guided self-inquiry, and group dialogue. Jenne Sluder, MA RYT is a qualified mental health professional and certified yoga therapist who specializes in somatic and contemplative approaches to improving mental health.

More Info/Questions: info@jennesluder.com

Single Drop-In Workshop \$25

2 Workshops \$45

3 Workshops \$65

Full Series \$90

(Sliding scale for financial hardship; please contact Jenne)

[Register Online at JenneSluder.com](http://JenneSluder.com)

