

NAVIGATING CHANGE

An 8-week Journey to Greater Health and Well-Being

“Nothing hits home like hearing your own inner wisdom. It's simple and profound.”

-Michael Lee, Founder
Phoenix Rising Yoga Therapy

8 Tuesdays
Jan 2 - Feb 20
6-7:15pm

8 Week Series: \$200

Early Bird Price- \$150
(payment due in full no later than December 20)

REGISTER NOW
(555) 123-1234
yourwebsite.com



CHANGE CAN BE UNCOMFORTABLE

This Phoenix Rising Yoga Therapy 8-wk Yoga Series combines movement, mindfulness, and community connection to support you in life's transitions.

Engage a weekly practice to support you navigating life-change with ease.

Yoga and meditation to cultivate a deep sense of presence and self-awareness.

Build connections that help you lead a happier, more fulfilling life.

HEADSHOT HERE
Right click on image and select "Change Picture" to insert new photo.

Brief Biography here. This is where you talk about yourself and all that you have done that has led you here to want to lead this workshop.

FirstName LastName
credentials

Location:TBD
123 Main Street
Nowhere, US 12345

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Right click on image and select "Change Picture" to insert new photo.