

GIRL TO GODDESS MONTHLY YOGA CIRCLES

GIRL TO GODDESS IS.....

- a sacred space where girls gather
- time to deepen mind, body & spirit connection
- feel inspired, uplifted, confident & courageous
- yoga, meditation, mindfulness & heart sharing
- soul-crafting creative projects
- groups for girls in 1st-4th & 5th-8th grades

A PLACE FOR ALL GIRLS TO OPEN THEIR HEARTS, FEEL EMPOWERED,
INSPIRE OTHER GIRLS, TRANSFORM & SHINE BRIGHT!



1-4TH OR 5-8TH GRADE REGISTER @
RADIANTLIFEHEALTHANDWELLNESS.COM

RADIANT LIFE @ SIMPLY WELL - CARLISLE

This activity is not sponsored or endorsed by the Carlisle Area School District.

