



## *I'm Over Here Workshop*

*In a world where we keep jumping from one task to another, people pulling at us, asking for help and our time, it's no wonder why we feel so exhausted.*

*Let's focus on Self-Care with our 75 minute workshop. In this workshop, we will explore the energetic body, how it shows up in us, where we allow it to go and how to bring our energy back to ourselves. Leaving you feeling centered and whole once again.*



*Meditation Sisters*

*[MeditationSisters.com](http://MeditationSisters.com)*

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