



The Art of Rest

Self-Care Workshop

WORKSHOP AUTHOR:

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July 19th

This workshop focuses on the transformative power of deep rest and the opportunity to resist the pull of productivity. Join us for an afternoon of self-care and to learn techniques that will enhance your capacity for rest and overall well-being. Leave feeling refreshed and reconnected to your highest self!

Save the date!

**Please Email to Register at:
limialpathcounseling@gmail.com**