



Body of the Goddess

Breaking the myth: Skinny equals happy Workshop for Women

"It matters whether you see yourself as someone who is capable of change or whether you've given up hope. It matters whether you treat yourself with reverence or carelessness."

~Geneen Roth

Discover your goddess body!

Struggling with yet another diet?

Dreading the swim suit & shorts season approaching?

Satisfy your longing.

Most women want to lose weight because we believe it will make up happy or stop our pain.

We have skinny clothes and fat clothes.

We speak of being good today, or bad yesterday, when talking about our relationship to food.

We become misdirected in our search for true nourishment.

We lose touch with the wisdom of our goddess body.

Join us in this workshop to explore what keeps us from committing to the promise to ourselves.

Your body *knows*.

Are you ready to listen?

Cost of Workshop: \$30 Per person

To set up a workshop in your area

Contact julia@juliaspeerart.com

or for more detailed information call

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