

JOIN MICHELLE ANDRIE & ANGEL BROWNLEE FOR THE

Full Embrace of Being

YOGA THERAPY RETREAT



**FEB. 28 THRU MARCH 6, 2020
THE BIG ISLAND OF HAWAII**

Together we will dip into the waters of true transformation as
we embrace the fullness of our lives to remember

we are human "eternal" beings

Are you ready?

Are you tired of living in fear?
Have you felt enough pain and tension?
Is it time to move beyond loneliness and separation?
Are you lost in your addictions?
Would you like to move away from depression and anxiety?

We are! And we'd like you to join us to:

Create a life of love
Experience freedom from pain and tension
Feel a deep sense of connection to all
Own all addictions and make healthier choices
Discover peace and joy

YOU will be inspired to transform by:

Reconnecting to your human / Spirit
Meditating on the beauty of nature to accept your part in her cycles
Breathing life force in and out
Moving to feel your eternal energy
Letting go to fully embrace your eternal essence

Find out more by pressing below.



Michelle Andrie

C-IAYT, MOVEMENT THERAPIST



Angel Brownlee

C-IAYT, SPIRITUAL GUIDE

visit www.agelessmovemore.com/full-embrace-of-being-yoga-retreat
to learn more and reserve your spot.

For inquiries, email michelle@agelessmovemore.com.

Note: Please bring mat, noodle ball, and soft ball.