

CREATE YOUR  
BEST LIFE  
WITH  
MICHELLE ANDRIE  
SAT. SEPT. 7TH  
1 PM - 5 PM  
UNITY BY THE SHORE  
3508 ASBURY AVE,  
NEPTUNE, NJ 07753



ALL LEVELS  
WELCOME.

ONLY \$125  
LIMITED SPACE  
RESERVE EARLY!

SIGN UP BY  
CLICKING HERE!

## OPEN YOUR BODY, USE YOUR GIFTS, & FEEL YOUR WAY TO YOUR BEST LIFE

You want it so bad. Your dream life. But it seems to elude you -- so you fall back into your habits. The seeming comfort zone of inertia, of keeping yourself small, of listening to the voice of others instead of your own. It's time to take action! Get up! Move!! Take the journey to get to know your creative self, the part of you that already has everything it needs to make your dreams come true.

I'm Michelle Andrie, IAYT Certified Yoga Therapist with three decades of experience. I'll guide you to breathe, release fascia, flow and hold poses. I'll assist you to release held emotions, reinstate your guidance system, to soften your grip on control, own your gifts/talents and to connect to others.

Let's step out together on your journey to create the life of your dreams.

Saturday, Sept. 7th, 2019 1 pm - 5 pm - Unity By The Shore - 3508 Asbury Ave, Neptune, NJ 07753  
Sign up by clicking here or go to <https://www.agelessmovemore.com>  
Bring your mat, Noodle Ball (six tennis balls in a knee hi sock) & a softball sized ball.