

Body Kindness

Building Confidence & Promoting Healthy Habits

A workshop series focusing on body positivity and mental wellness. Each session of the series will offer mindful yoga and will include discussion of ways to build confidence as well as foster a stronger, healthier relationship with yourself inside and out.

Join Robyn & Libby (registered dietitian) for this incredible growth opportunity.

FEB 10

Yoga + SMART Goals

FEB 17

Time Mgmt & Mental Health

MAR 3

Diet & Healthy Eating

MAR 10

Disordered eating & Exercise extremes

Early Bird (full series) - \$140

Day-of - \$168

Day-of (single session) - \$50 each



Pre-register in person or online at www.smileatspark.com/events

