

# Gutsy\*

# Women!

a workshop for women  
sponsored by [agency]

[location]

[address]

[day and date]

[time]

Limited to [#] participants

[Childcare provided?]

Admission [free/\$]

Info:

[name]

[phone]

Your body's center is the site of your **soul power**.

It's the origin of your **courage** and **confidence**.

It's home to your **instinct** for self-preservation.

As women in cultures worldwide know: You can develop and direct this body-centered soul power with movement and breath.

Come learn a series of yoga-based movement and breathing exercises — **The Gutsy Women's Workout** — and fire up the life energy concentrated in your body's center.

You'll be supporting yourself in showing up as the gutsy woman **you already are**.

[Eat only lightly before the workshop and come dressed to move.]

•

## What women are saying about this workshop:

Now I know I can do something in my life to make it better. —Mary

I love feeling the instant energy. I crave the charged-up feeling that doing these exercises gives me. —Patty

Energizing my body's center gives me a way, finally, to get connected to my real power any time I want to. —Sara

Honoring my body's center gives me a new sense of myself and my worth as a woman. —Amy

This practice has helped me grow into a functional and powerful woman. —Joan

After doing these moves I feel empowered, centered, energized. —Tricia

•



**Lisa Sarasohn** is a Kripalu Yoga instructor and health educator with 25 years' experience in the healing arts. She's author of *The Woman's Belly Book: Finding Your True Center for More Energy, Confidence, and Pleasure* (New World Library, 2006) — featured twice in *O*, the Oprah magazine.

For more information, visit [LisaSarasohn.com](http://LisaSarasohn.com)

\***gutsy** *adj.* Marked by courage, determination, and daring in the face of difficulty; spirited, brave; vigorous, earthy.