

Forge Yoga

Workshop Series

Meditation and Mindfulness with Holly McLaughlin

Wednesdays 7:00 - 7:30 am Starting March 9th

Four Part *Virtual* Series

Includes:

Guided Meditation

Techniques for Mindful Living

Strategies for an Effective Home Meditation Practice

Holly is an Awakening Stillness certified meditation teacher, a 200hr RYT, and an integrative nutrition health coach. Holly transformed her own health through yoga and meditation and she finds joy in sharing the teachings of the teachers before her... with the teachers who will come after her... creating a ripple effect of bountiful health and wellness.



\$27/Members

\$30/Non-

Members

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the Zoom access
link!**



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