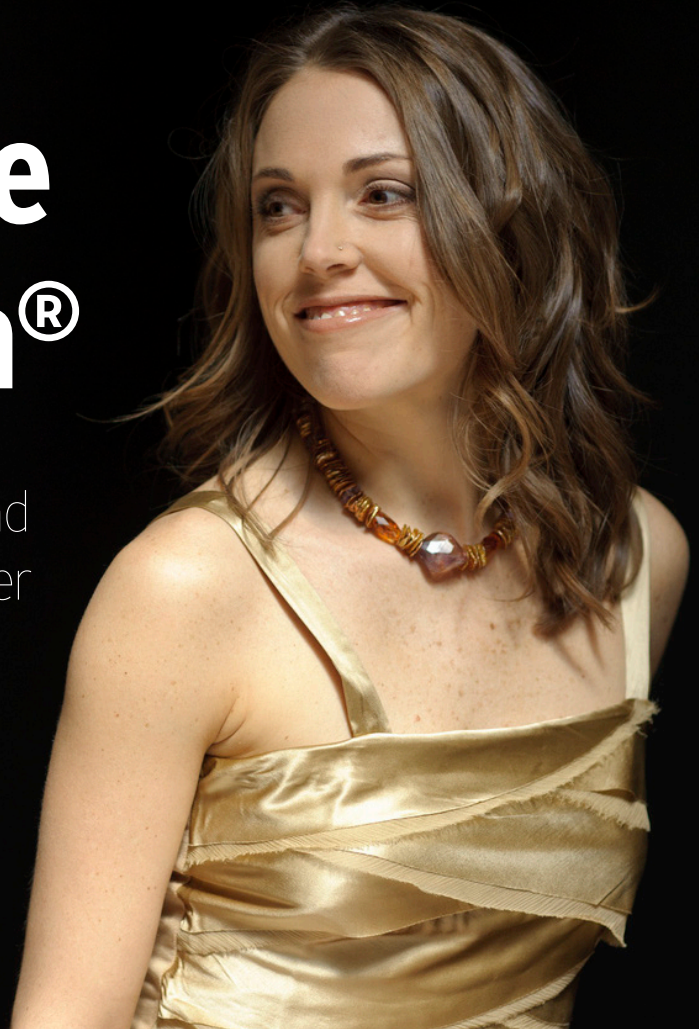


# The Way of the Happy Woman®

with author and women's yoga and lifestyle specialist, Sara Avant Stover



**Tabor Center | Saturday, February 11, 2:30-5:30PM**

**Boulder | Saturday, March 10, 1-4PM**

- :: Calling all women who do too much! Winter is the season to rest, hibernate, and get cozy with your hidden visions and deepest dreams.
- :: Based on the teachings from her best-selling book, *The Way of the Happy Woman: Living the Best Year of Your Life*
- :: This workshop shows you how to step into the silent magic that winter's medicine promises. You'll practice seasonal women's yin and vinyasa yoga, insight meditation, journaling, group practices and lifestyle secrets.
- :: Seek refuge in the good company of other women and the wisdom of essential feminine seasonal self-care rituals.

**Please bring your journal and a clear intention for what you would like to receive from our time together.**

Learn more about Sara at [SaraAvantStover.com](http://SaraAvantStover.com)



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