

Lean into YOU™

and focus on what matters most

\$79 Total

(6) Sunday
workshops

@Guruv Yoga
Orlando

10:30am-12:00pm

April 2-May 21

(4/2, 4/9, 4/23,
4/30, 5/7, 5/21)

*no class on 4/16 or 5/14

Join Executive Coach Kristin Danganan and Education Consultant and RYT 500 Nikki Rosemyer for a transformational experience that will help you declutter your thoughts, your focus, and your life.



Kristin Danganan
CEO 6th Power
Certified Executive Coach



Nikki Rosemyer
Educational Consultant
RYT 500, M. Ed.

- Identify **“What Matters Most”** in the six areas of your life
- Define your **life purpose** and celebrate your personal brand
- Learn **self-coaching techniques** to stop the mental chatter
- Make **clear growth goals** and identify the barriers to achieving them
- Embed **positive new beliefs** with custom meditations

Enroll @guruvyoga.com or contact us for more info @contactus@6thpower.com