

The Art of Self-Kindness

Why make things harder
than they need to be?

- **Unwind** - from habits of self-criticism
- **Relax** - into the peace at your core
- **Dare** - to give yourself what you're longing for:
feeling at ease in yourself and in life

Saturday, Dec 10

1:00 – 5:00 pm

Cost: sliding scale
starting at \$45

Pay what feels right for you at
the end of the workshop, based
on the value you received!

Register:
margit@margitbantowsky.com



"The sacred space that Margit and the other participants created was catalytic for me. It was great to practice kindness towards myself and others at the same time... a perfect foundation work for a gentler way of living."

Margit Bantowsky, MA, is a transformative life coach passionate about helping sensitive, creative people liberate their natural brilliance.

360-705-0109



Self-Kindness, Dec 10
margit@margitbantowsky.com

Self-Kindness, Dec 10
margit@margitbantowsky.com

Self-Kindness, Dec 10
margit@margitbantowsky.com

Self-Kindness, Dec 10
margit@margitbantowsky.com

Self-Kindness, Dec 10
margit@margitbantowsky.com

Self-Kindness, Dec 10
margit@margitbantowsky.com