

just Be presents...

TEEN VISION - SCHOOL HOLIDAY WORKSHOP

Our Intention:

This workshop is designed to create a safe space for girls aged 11-15 to come together and share their aspirations for the next few months, year and beyond. We will focus on setting intentions and goals, creating a personalised vision board and connecting with self and others in a supportive environment

Date - Thursday 15th April

Time - 1:00pm-4:00pm

Place - Yes2Health

4/49 The Northern Rd, Narellan

Cost - \$45

Bring - cushion/yoga mat

Wear - comfy clothes

Intention - to bring together
teen girls to create a
2021 Vision Board

What to expect:

Three hours of connecting, sharing thoughts and journalling about the past year as well as setting intentions for 2021.

We will also end with a beautiful yoga sequence and guided meditation.

Included - light afternoon tea, all materials for the vision board that you get to take home and a small goodie bag.

DIRECT MESSAGE BEC & MIA

on FB or Instagram to book and register your spot



Find us @just.be.co

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