



LOVE THE SKIN YOU'RE IN

An Afternoon of
loving-
kindness...



Within and
Without!

In honour of International Women's Day we invite you to join us for an afternoon of dynamic transformation from the capricious tyranny of youth and beauty focused image to the enduring, eternal beauty of the heart. Via a multi-media exposé, *Love the Skin You're In* challenges how we see ourselves and inspires us beyond the smoke and mirrors of media messaging. We then move into the body with moon salutations, a tantric bliss restorative series and mindfulness practice. Embrace self compassion, upload a new operating system marked by positive inner dialogue and a sense of humor, and walk away with your heart open to the wonder and gorgeousness of whole, complete, and perfect YOU!

To early register please contact:
yogacarmel@aol.com

Sunday March 4th
Yoga Center of Carmel 1:30 – 4:30
\$40 in advance \$45 at the door

Mothers and daughters, women and men of every age, all yoga levels and welcome.

Brie Mathers has spoken to 100 000 teen girls worldwide with her multi-media event *Love the Skin You're In*. Inspiring young women to find compassion within themselves and for one another, and to lead a new conversation about their bodies and beings, the Canadian-born McGill University graduate conducts connective school-wide body positivity events about media literacy and mindfulness. Author of *Freedom to Blossom - An Invitation to Shine*, her local partners include Bay Area TEDx and The Center for Partnership Studies. Brie discovered the power of mind/body practices to nourish and sustain in her mid-twenties. A former Jikoji Zen Center resident, she has spent over 3000 hours on her meditation cushion. Returning to breath and body is a practice she embraces as a touchstone for life. Visit her at briemathers.com

