



Wonder Spirit

CELEBRATING THE FEMININE SPIRIT

Ahhh...women and our bodies, and our weight, and our beauty, and our taboos about *loving* our physical selves. And whether or not we perceive ourselves as attractive, beautiful, amazing,...

and ...how about you?

LOVE-YOUR-LIFE... Love your BODY

Your BODY is AMAZING. It is the vehicle you EXPERIENCE this LIFE with!
Taste, smell, touch, feel, move, love...

How you take care of THIS body, how you treat it, respect it, and LOVE it, matters. And we women often have *mixed feelings* about our bodies...about our weight, our beauty and attractiveness, our *permission* to love and nurture and enjoy our body.

That will be our conversation, because when women gather, we help each other. My love-your-life tools in this class will be **five simple rules** to help you love your body (and your life) more, and also help your body serve you longer and better.

You will also **help each other** personalize and customize an individual love-your-body success plan.

My wish and desire is that you LOVE YOUR LIFE and ENJOY all of WHO you are; your soul came into this world to BE you... SHINE your Light!

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