



*Visualize 2018 with
a Vision Board*

The Yoga Tonic
SALIDA, COLORADO



*Hosted by Emily
Marquis*



2018 VISION BOARD WORKSHOP

Friday January 12 6:30-8:00pm

Join Emily Marquis, Local Certified Life & Career Coach for a Vision Board workshop at The Yoga Tonic. Part of The Law of Attraction is knowing what you really want in your life and then pulling it in or attracting it. This workshop will help clarify immediate & future goals and dreams and each participant will create a personal Vision Board as a "vision for yourself" to take home. We'll start with a meditation and worksheet. Supplies and healthy snacks will be included. Feel free to bring your own favorite pictures and magazines as well. Come to have fun, laugh and visualize!

**\$25/\$35 after January 9th. Fills up fast; please preregister online at
theyogatonic.com**

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