

# **Embodying Menopause**

**Inspiring Our Infinite**

**Feminine Power**

**Saturday 22nd June - 10am till 4pm**

**Dorchester Yoga Centre**

**No matter where you are in your menopausal journey, you can be sure it is a time of profound transformation. You are invited to spend a day with Sarah Burt and Victoria Smisek, to explore this transformational process in a variety of ways.**

**(see over for more info)**

**Cost is £75, which includes lunch and a gift bag!**

**Limited places, booking essential.**

**(Some concessions may be available)**

**For bookings please contact:**

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