

Heart Reset

Yoga + Ceremony
Mini Workshop

\$40
+ TAX

A MINI WORKSHOP TO NOURISH THE HEART WITH SOULFUL YOGA + SACRED CEREMONY

Workshop will include:

- * Opening circle/discussion
- * Soulful yoga
- * Heart meditation
- * Cacao ceremony
- * Community sharing + support

Aris is a 500hr ERYT, trauma informed, therapeutic + Hatha yoga teacher. Aris has a deep passion for holding sacred space with the utmost integrity for your healing.

August 11th | 6:30-9:00 pm

Join Aris for a 2.5hr mini workshop to nourish the heart ❤️ \$40

*Plus 7.875% NM gross receipts tax

Workshop will include:

- Opening circle and discussion about the benefits of yoga + ceremony for mending or nourishing the heart.
- Soulful Yoga
- Heart Meditation
- Cacao Ceremony: Elixir made from pure Costa Rican Cacao
- Time at the end to share, support, and build more connection with each other.

DID YOU KNOW THAT CHOCOLATE IS MEDICINE?

Many ancient cultures believe in the heart expanding powers of the majestic cacao plant and called it "Food of the Gods". Pure Cacao is know for connecting more intimately with yourself + others, enhancing meditation, balancing feminine energy (for men + women), encourages freedom to express creatively, mood uplift, + loaded with cardiovascular benefiting vitamins and minerals!

Aris is a 500hr ERYT, Trauma Informed, Therapeutic based - Hatha yoga teacher, 85hr Prenatal Teacher, + Kids Yoga Leader with a deep passion for holding sacred space with the utmost integrity for your healing. She has been living in the jungles of Costa Rica learning a deeper connection with the Earth while leading 200hr YTT's and Retreats. Aris offers group and private lessons, workshop, ceremonies, and retreats.

Location:

High Desert Yoga
4600 Cooper Ave. NE
Albuquerque, NM 87108
505.232.9642

www.highdesertyoga.com

Get to know Aris on
Instagram:
[@adventureswitharis](https://www.instagram.com/adventureswitharis)

