

Donna, Katie and Christine invite
you to

Fall Back in Love with Yourself



Sunday, February 15th from 1- 5 pm
at Mind, Body and Soul
1176 Farmington Avenue, Berlin, CT

More details on the back



Use this QR code to
register



In this healing workshop you'll experience...

Opening Circle

A warm, candle-lit Goddess tea ceremony to soften and exhale into our shared space.

Letting Love Lead

A gentle turning toward yourself and an opening to kindness, allowing it to guide the afternoon. Practicing the language of self-love.

Celebrating the Unique You

Remembering and honoring the parts of you that feel playful, alive, and unmistakably you.

Learning Your Self-Love Language

Exploring what helps you feel most cared for and deeply supported, and creating a support framework to help you continue to care for your heart.

A Healing Pause for the Heart

A guided, healing practice to help you return to the center of yourself.

Devotion Through the Senses

Creating your own essential oil blend.



What you'll receive:

-  A lovingly created ***The Self-Love Menu Workbook***
-  Self-crafted ***Date with Myself Cards***
-  A custom Self-Love Essential Oil Blend
-  Beautiful, handcrafted Heart Soaps from *Soaps by Donna*