

# Setting Your Powerful *Sankalpa* (Intention) for the New Year

w/Sheetal Contractor, RYT-500, LMT, Wellness Coach

Let's bring 2024 to completion and begin **CREATING 2025!**



Join me in an interactive workshop where you will...

- Learn about *sankalpa*, a Heart-guided intention that supports your highest Truth
- Experience my signature 'Word Resonance' meditation to identify your *sankalpa* for 2025
- Share in a cleansing yoga practice to close out 2024
- Enjoy a special *yoga nidra* (yoga "sleep") to instill the vibration of your 2025 intention at a cellular level

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Saturday, January 4th, 1pm - 3pm

Sliding Scale Registration: \$20 - \$40

Go to [SolunaSolutions.com/Offerings](https://SolunaSolutions.com/Offerings)

OR Venmo @Sheetal-Contractor

(enter WE Sankalpa Workshop in Comments)



About the teacher: Sheetal Contractor, CMT, CYT is a massage therapist, yoga instructor, author of the book *Anyone Can Do YOGA! (... So What's Stopping You?)* and creator of the DVD Series called *Yoga Essentials*. Her yoga background includes training from a variety of styles and teachers over the past 20 years. Sheetal's courses offer personalized attention to allow the individual to learn according to his/her needs. She focuses on the concepts of awareness and acceptance and blends strengthening poses, gentle stretching, breathing exercises and guided meditation to provide an empowering holistic experience.