

SPRING RENEWAL

Seasonal Cacao Ceremony with Yoga

**Align with the Energy of
SPRING through Ceremonial
Cacao and Gentle Yoga!**



Join Freedom of Mama Flowers Studio to honor the elements, the season of Spring, and the spirit of renewal!

Cacao is gentle yet **POWERFUL** plant medicine that subtly releases energy blockages and barriers that we unconsciously build in our minds and hearts.

As we share in ceremonial cacao, we will align with our highest selves & connect with each other through...

- Interactive sharing & contemplation
- meditation & healing
- song & music.

Beforehand, we will set the stage with a 30-minute, gentle yoga practice led by Sheetal Contractor, E-RYT, Wellness Coach



SUNDAY MARCH 16th, 2:30-5:00

\$55 - Register via [Web Link](#)

Or by Scanning QR Code

