

Yoga & Conscious Uncoupling™ Workshop

A break-up is a shock to your system.

Divorce can feel like the death of your dreams.

Emotional loss is debilitating and leaves you feeling like you have no control. It is possible to move through this period of transition from a calm and empowered place.

YOU'RE INVITED...

To a workshop that will guide you toward inner peace and fulfillment.

Moving and breathing through asana allows prana (energy) to flow through us opening cellular memory from our tissues. This effect causes us to release blocked energy, holding patterns and emotional distress stored in our bodies bringing them into our conscious awareness, ready to be seen, felt, released and healed.



Dale Sparage
Certified Conscious
Uncoupling™ Coach

We will use this energy with the process of Conscious Uncoupling™ to help you navigate this harrowing time. With our guidance, you can transform your mindset and come out feeling lighter, brighter, stronger, and clearer about who you are and the life you really want.

In this workshop you will be supported by a nourishing yoga practice in a safe space that heals you somatically as you experience some of the key steps in the Conscious Uncoupling™ process.



Brenna Geehan
Co- Director of
Sri Yoga Trainings

Through this step by step approach, you will become a powerful energetic container - mind and body, grounded in self-love.

"Contrary to popular belief, time does not heal all wounds, we do."

- Katherine Woodward Thomas

October 20th
Joy of Being, Moss Beach
6:30 to 9:30pm
Price \$108

Go to creativecorecoaching.com/events to register.

You can purchase the Conscious Uncoupling™ book on Amazon.com
*****Bring a water bottle, towel & journal. **All Levels Welcome. *Pre-Registration required, space is limited.**

Please contact us for more information or to inquire about pre-existing injuries.

We can be reached by email at dale@creativecorecoaching.com

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