



UPCOMING WORKSHOP
WITH MINDFULNESS COACH AND YOGA INSTRUCTOR
ESTHER WYSS-FLAMM, PHD

RISE UP STRONG: MIND-BODY LEADERSHIP FOR WOMEN

Strategies to tune up your natural leadership style
through mind-body alignment

HOST: MOUNT AIRY LEARNING TREE
WHEN: THURSDAY MAY 2ND & 9TH: 7-8:30 PM
COST: \$39
REGISTRATION: MTAIRYLEARNINGTREE.ORG

Learn more at www.estherwyssflamm.com



Are you tired of having your body pay the price for all that you are pushing to accomplish in life?
Do you sometimes feel alone and isolated despite good collegial relationships?
Are you convinced there must be an easier way to do all that you do?

Women take the lead promoting community well-being, yet we are plagued by isolation and second-guessing. We ask ourselves if we need to act more like men to be recognized and rewarded for all that we do. We often live on the verge of burnout. It doesn't have to be this way!

Leave the workshop with...

- ◆ Strategies that inspire you to step into courage
- ◆ An understanding of the immense power of inner alignment to help create ease
- ◆ New connections and resources for strengthening your unique voice

Let's inspire each other and reclaim our place as powerful, loving leaders in the world! Men interested in a feminine experiential perspective are welcome.

Esther Wyss-Flamm, PhD worked with women's leadership education and community health organizations in the U.S. and overseas before completing her dissertation in Organizational Behavior. Locally, Esther is active as mindfulness coach, yoga instructor, and serves on the board of several community-based organizations. More about Esther at www.estherwyssflamm.com