



September 15th 9am-5pm
September 16th 11am-5:30pm

Led by Stephanie Fischer, YMCA Director of Healthy Living and creator of "Inside Out" 24-day Confidence Course for Women.

With presentations by Erin Gonzalez, RD, LD and Rebekah Buege, Body Confidence Coach, and three unique yoga classes taught by YMCA yoga instructors.

When you attend you will:

- Gain clarity of your strengths, weaknesses, and uniqueness
- Experience a variety of yoga styles as you focus on the mind/body connection
- Learn what it means to honor yourself through self-care
- Connect and share with other women in a meaningful way
- Cultivate greater love, acceptance, and compassion for yourself
- Re-write your story in order to become more of who you are
- Become more self-confident from the inside out



Contact Stephanie Fischer for more info: sfischer@mankatoymca.org