

Vision Board Experience

Experience an empowering and uplifting evening of mindfulness and creativity. We will dream big and manifest that shit!



reflection with author Emily Erickson

guided **meditation** with yoga & fitness trainer Courtney Miller

goal setting guidance with local therapist Lisa Hess

All vision board materials

Thursday, January 8, 6:00pm



\$40 per person



register by 12/31 and receive a
369 Manifestation Journal: Specially Designed for Women

SHERWOODBREWING.COM/VISION

