

Transformational Conversation

The topic: **Forgiveness**

with **Elysabeth Williamson**

Forgiveness is a universal theme that touches all of our lives. Transformational Conversation is a process that opens our hearts and invites our inner wisdom forward. It demonstrates how we all have equal access to the deeper regions and understanding of the psyche.

Everyone, with or without Yoga experience, is welcome to join us for this journey of discovery - exploring both our human and spiritual natures, to bring more joy and ease into our lives.

Includes simple practices for staying rooted in our compassionate natures and for seeing ourselves and others through the eyes of forgiveness.

When: Friday, Oct 19th 7-9PM

Where: **Sundance Yoga**, Friendswood Studio

Cost: \$20 until Oct 15 / \$25 after



Elysabeth Williamson, E-RYT 500, is the founder of Principle-Based Partner Yoga™ and the author of 'The Pleasures and Principles of Partner Yoga'. She has studied and taught a synthesis of healing modalities for the last thirty years and is recently inspired by the possibilities revealed through transformational conversation. www.partneryoga.net