



BODY EMPOWERMENT MOTHER + DAUGHTER MINI RETREAT

SATURDAY, JULY 21 | 12 - 3 PM | BOZEMAN, MT

JOIN PHILADELPHIA YOGA AND HEALTH/PHYSICAL EDUCATION TEACHER CAITLIN KELLY FOR A THOUGHT AND CONVERSATION-PROVOKING MINI RETREAT FOR MOTHERS AND DAUGHTERS (AGES 11-16).

“HOW DID SHE GROW UP SO FAST?”

“DOES SHE FEEL COMFORTABLE WITH HER BODY?”

“HOW DO I RAISE AN EMPOWERED DAUGHTER?”

“WHAT DOES SHE NEED FROM ME AT THIS AGE?”

If you have a daughter, you've asked yourself some variation of these questions. *And you're not alone.*

Body acceptance is crucial for tweens and teens, and mothers can play a huge role in how girls see and feel about their bodies. In this age of social media, fitness fads, and reality TV, issues stemming from poor body image can seem all-but-certain. But, there ARE things you can do to support your daughter and help her feel comfortable and confident in her own skin!

During this three-hour workshop, mothers and daughters will move through a gentle guided yoga class, engage in discussions and activities that encourage and promote body acceptance and empowerment, as well as make a nourishing lunch together to enjoy outside on the patio (weather permitting).

Bottom Line: We're all in this together!



\$60 PER PAIR BEFORE MAY 31 (\$75 AFTER)

Space is limited to 6 mother-daughter pairs (daughters ages 11-16). Mats and props provided.

Email margaret@bigskyogaretreats.com to register. Address will be provided after registration.