



kelsey callaway wellness
REGISTERED MASSAGE THERAPY

THE EMBODIED MOTHER 6 WEEK SERIES

Weaving the threads of connection among women who embody the Mother identity

**WEDNESDAY EVENINGS:
7-8:30 PM // JULY 13-AUGUST 17**

HIGHLIGHTS

- Tap into your body wisdom
- Connect with your essence
- Create space in your body, mind & life
- Dissolve stuck tension
- Fill your cup
- Build your community
- Belong yourself
- Rediscover your inspiration
- Find your flow
- Fall back in love with your body
- Step into the truest version of You

WHAT'S IN IT FOR YOU?

This series is for those of us who embody the Mother archetype: the giver, the nurturer, the nourisher, the life-giver. This can include: mothers of children, pregnant women, health-care providers, healers, pet mamas, step mamas, people wishing to conceive, etc.

This is not your average yoga class. Expect to connect with other women & move your body in ways that delight all of your senses. This will be a rich & safe container for showing up & being seen. Each class includes yoga-inspired movement, structured connection, meditation & intentional rest. A full-body reset.

THIS IS FOR YOU IF:

- You identify yourself as a nurturer, or mother-type
- You're on the brink of burnout
- Your current lifestyle feels unsustainable
- You feel the constant need for more space
- You experience daily tension in your body
- You want to feel better in your body
- You want to move freer in your body
- You miss community
- You feel isolated in your role
- You're ready to shift things in your life

REGISTRATION INFO:

email: kelseycallawayrmt@gmail.com

call: 778.992.0360

visit: kelseycallawaywellness.com

investment: \$150

location: TBD



These movement classes draw on Kelsey's experience with yoga, therapeutic exercise, anatomy knowledge, massage therapy, energy work, feminine embodiment coaching & dance as medicine.

KELSEY CALLAWAY DUBOIS