

awaken your essential self live your best life

are you 18 - 30 years old and looking for practical life skills for being a successful human?

monthly online group

second mondays 5pm pacific
\$30 per 90 min session

learn how to

- downshift stress
- shift from anxiety to ease
- create connection and fun in your relationships
- discover and live your purpose
- know what you truly want by recognizing your full body yes and no.

starting january 8th

www.micheleanddean.com



this group is for you if you often find yourself feeling anxious or having repetitive unwanted thoughts. or feel stuck with your relationships, work or career. it's also for you if you want to have more joy and pleasure in your life.

each month you'll have the opportunity to learn tools that you can use **every day** to shift stress and **create joy**. you'll learn how to breath in a way that let's your nervous system know that you are safe, techniques to make decisions and ways to shed unwanted patterns.

with all that is happening in the world, we need to learn how to enjoy our lives while being the kind of person we want to meet in the world. **you matter and can make a positive impact on the world.**



michele yasuda is a sassy visionary who plants seeds of infinite possibilities to awaken the essential self.

certified big leap coach and a graduate of the hendricks institute leadership and transformation program.

have ??'s or want to register: michele@micheleanddean.com

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