# *Women of Strength*

*"A Woman's strength lies within her smiles"*

**Women of Strength is an invitation for all women to unite, connect, and embrace the journey of returning home to our true Selves. It will be an ongoing series of monthly classes in which we will discuss, experience and explore the many layers that block our ability as women to love ourselves and others fully and unconditionally.**

**Upcoming dates (all are at 7pm) and topics are:**

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| **Tues., January 17 (reg. Dec. 13)** | ***Self Talk: "The right to speak and hear truth"*** |
| **Tues., February 21 (reg. Jan. 17)** | ***Heart: "Deserving of your own Love"*** |
| **Tues., March 21 (reg. Feb. 21)** | ***Awakening your Vitality*** |
| **Tues., April 18 (reg. Mar. 21)** | ***Insecurity: "The right to feel rooted and grounded in you"*** |
| **Tues., May 16 (reg. Apr. 18)** | ***Letting go of worry and anxiety*** |
| **Tues., June 13(reg. May 16)** | ***Meditation in Motion*** |

**Through the use of gentle yoga techniques, breath work, self-reflection, affirmational work, discussion and guided relaxation, we will journey together towards restoring, and healing our tired minds and our restless hearts to lovingly return home and unite fully with our own Feminine Inner Strength...**

**Refreshments and tea will be served**

*Our thanks to The Friends of the Hillside Public Library for sponsoring this program.*

**Hillside Public Library**
**155 Lakeville Rd., New Hyde Park, NY 11040**
**(516) 355-7850, x301, 304; hillsidelibrary.info/events**