

Essential Hot Yoga presents



STRENGTH WITH HEART

Call of the Awakened Man

A men's workshop with Dr. Daniel Ellenberg

Join us as we learn to better navigate life's challenges with both strength and self-compassion. The result? Healthy internal resilience and a more joyful existence.

As men, we often avoid things that may make us feel inferior or reveal that we have needs. Avoidance is understandable, especially when we're unsure of how to address our challenges, or even admit that we have any.

The reality is:
We need a map.



In this workshop, we will explore a two-fold map based on the combination of strength and self-compassion for *thriving* (and not just surviving) as men.

Daniel Ellenberg, PhD, is a Bay Area leadership coach, author, licensed therapist, and seminar leader. He has been leading *Strength with Heart* men's groups and seminars for over 35 years, and is a founding member of the Men's Counseling Guild. Contact Info: Daniel@rewireleadership.com

SUNDAY, MAY 19, 2019

9:30 AM - 1:30 PM

\$75/PERSON

Broadway Studio
2122 S. Broadway Avenue
Boise, ID 83706

SPACE IS LIMITED; REGISTER TODAY!

essentialhotyoga.com 208.971.0238

