

## The Magic of Motherhood with “Soul Babe” Kirsten Stockton and Breathe and Learn

As a mom, do you feel like you are always chasing time? Like your care and needs are always left last? This workshop is an invitation for you to slow down and connect with yourself, and your motherhood journey. In this workshop, we will talk about the seasons, emotions and energy of motherhood, including how to remain grounded, how to create more flow, and where to find more joy. In our time together, we will meditate, journal, and heal together, as mothers.

Ms. Joanie will be taking all kids to the beach to enjoy their own special yoga practice to allow the mommas to truly soak up this magical experience.

We'll all meet at Sol Seek in Manhattan Beach, then part ways.

**Date:** Sunday, Feb. 11, 11:30 - 1:00

**Location:** Sol Seek, Downtown Manhattan Beach

**Please Bring:** A beach towel for your child (if bringing) a yoga mat for yourself, journal/pen, and an open heart.

**About Kirsten:** Kirsten is a southbay girl mom, who loves yoga and all things spiritual and energy. Kirsten practiced law for ten years before following her soul's calling to nurture and guide women, and mothers, back to their true & authentic selves. Kirsten is a trained intuitive, an energy reader + healer, a soul coach, and Reiki Master. Kirsten can be found through her website [www.soulbabe.com](http://www.soulbabe.com) or her instagram handle @the\_soulbabe, where she offers soul readings, coaching, and healings.