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EMPOWERMENT



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If you're carrying around mass density and obesity that doesn't feel like you... chances are... it's not you. Who are you being? What judgments are you eating? What hatred are you hoarding? What bodies are you carrying? Are you numbing your awareness? Eating when you're not hungry? Eating for the person next to you instead of you? How much longer are you going to resist and refuse being the body you're intrinsically designed to be? Is it time to be in your own body? Is it time to realize how amazing your body actually is? Join us for a totally different conversation about bodies and the possibilit

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