

# EMBODIED!

with Visudha de los Santos



Starting October 21st  
Every Monday! 6:30-8:00  
Drop-In \$15, 9 Week Commitment \$60  
Two Satins #2 Uppin' Las Colinas  
info@moveandbeinspired.net  
575.737.8005

Access your own bodily wisdom  
move your body fully  
feel your heart expand  
surrender your mind to  
embody your soul and  
reveal your  
one true and free spirit

[www.visudhadelossantos.com](http://www.visudhadelossantos.com)