

MAINTAINING CLEAR BOUNDARIES W/ ANAHATA ANANDA

Without clear boundaries, its typical to feel disrespected, frustrated, insecure or depleted. In this workshop, learn how to express and maintain healthy boundaries while establishing a healthy sense of self. Learn tools for keeping your compassionate heart open and energy clear when boundaries are being challenged. This is a must if YOU want to have healthy relationships in your life. \$65 IN PERSON/\$44 VIRTUAL OPTION

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