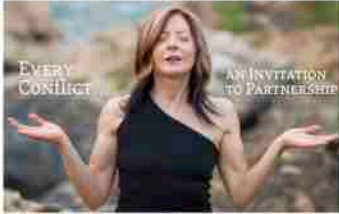


Love, Lust and Romance in the age of #MeToo



- Have the Rules changed?
- What does Romance look like now?
- How do we achieve true Consent without losing Flirting?
- When is it okay to Kiss her/him?

Communication that creates connection even when the answer is no

How to connect to the wisdom of your rage

Specific steps to reclaim your sexual joy and wholeness

Powerful tools for embodied movement for Healing Trauma

**You are Invited to a Safe and Respectful Discussion Group for all Genders
Hosted by Veronica Monet, ACS
Featuring Yoga for Healing Trauma with Skyler Myers-Bright, C-IAYT**

Veronica Monet, ACS is an internationally acclaimed sexual and spiritual empowerment change agent. As a Relationship Coach, Sexologist, Anger Specialist and Empath, she combines her extensive education and experience with deep emotional intelligence and compassion. Having personally overcome incest, rape, violence and abuse, she is committed to helping others own their personal and erotic empowerment.



Schuyler Bright, C-IAYT creates programs where somatic therapy is most needed, but not previously established, such as Wayne Brown Correctional Facility, Sierra County Drug Court, Sierra Nevada Children's Services, Strategies 2.0, Charis Youth Center, SPIRIT Peer Empowerment Center, and Community Beyond Violence (formerly DVSAC). She teaches Trauma Informed Movement and Self Care trainings for a variety of professionals and laypeople.

Dates: Fridays January 18th and 25th, February 1st and 8th

Time: 6PM to 8PM

Cost: Fee for 4-Week Workshop: \$120

OR \$97 Early Bird Rate (must prepay by January 9th)

Registration closes January 16th at 8PM

Call NOW to register: 415.407.2932