



Memoirs & Movement

TRANSFORMATIVE WELLNESS WORKSHOPS

Relief • Peace • Healing • Joy • Stillness • Community

What to Expect

Through writing, gentle movement, and reflection, you'll explore emotional healing, restoration, and re-connection with yourself. In this intimate experience, you'll rediscover joy, release stored tension, and fill your spirit with calm and clarity.

No dance or writing experience needed—just an open heart and willingness to breathe, move, and be honest with yourself.

Participants leave with:

- A full heart and calm spirit
- Written reflections to revisit
- A renewed sense of self
- Workshops can be tailored for organizations or private groups—a perfect opportunity to create shared restoration and growth.

BOOK TODAY

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Aroha
Consulting & Training