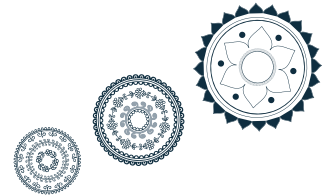


kaia yoga presents

change your day, transform your life!



*with
richard
zimmerman*



accessing your inspired state of being

Learn how to make simple, empowering changes to your daily schedule that will make radically positive changes to your life. Uplifting and practical ways to help you create a life of inspiration and purpose. Take positive steps each day to make your dreams come true. Reexamine your priorities by ridding unfulfilling things and adding those that inspire you. Gain more peace and empowerment and remove blocks, reduce stress and negativity. Topics and techniques include accessing your inspired state of being, achieving a positive mindset, conscious scheduling, inspired activities, and self relaxation techniques.

Saturday March 27th
6:30pm – 8:30pm
Greenwich West

\$35 pre registration
\$45 at the door

richard zimmerman



Richard Zimmerman is a NYC-based financial advisor, philanthropist, and motivational speaker about spirituality, wealth and conscious living. He combines his career in the financial industry with an ardent involvement in philanthropic causes and a passionate interest in consciousness development. He is a co-founder of Alchemy, a center for personal transformation in London, England which offers yoga, meditation, holistic healing and inspirational lectures from teachers around the world. Richard also leads Spiritual Wealth workshops throughout the U.S. and abroad.

richardezimmerman.com



life more pure.

info@kaiayoga.com

203.532.0660

kaiayoga.com