

# Cultivating the Seeds of Self Love

## WITH MELANIE + KALEO WASSMAN

**Self-love begins with mindfulness and practicing a deep appreciation for life itself.**



Although Love is our true essence, we are not always consciously connected to it. It can be challenging to fully and completely love ourselves, on a deep and intimate level. Many of us struggle with feelings of unworthiness, and daily self-judgment. But unconditional self-love is our soul's deepest yearning and is essential for our inner peace, happiness and spiritual growth. In this workshop we will discuss how to release self-limiting thoughts and behaviors, and explore the ideas of acceptance, positivity and empowerment. Through meditation, movement and journaling, we will replace the binds of fear with the freedom of radical self-love.



Melanie and Kaleo Wassman started Rebel & Muse as a way of sharing their passion for life through yoga, music, retreats, and workshops. They believe in the power of intention and manifestation, and creating your best life. The Rebel & Muse vision is to inspire self-love and to encourage balance in everyday life.

For more info, go to [www.RebelandMuse.com](http://www.RebelandMuse.com)

*Rebel & Muse*

**Friday, September 29th 6:00-8:00pm**

Cost: \$40 pre-registration; \$50 day of



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**Everyone welcome!**

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