



Mindful Turtle Yoga & Wellness

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CREATE & LIVE THE LIFE OF YOUR DREAMS

A Five Week Workshop Series with Karin Marcello



In this course we will define goals, strengths and weaknesses, remove self-imposed limitations, and create the life of our dreams. Karin will help you create your own personalized affirmations and plan to achieve what you want. We will also learn self coaching techniques and align our activities with our true desires.

Each class will consist of a lecture, question and answer session, and meditation.

Karin Marcello is a Reiki Master and fourth generation Psychic, as well as an award winning Master of Humanities. She has been interviewed by News 12, A & E and the WE networks, and featured in articles by Newsday, Ins & Outs Magazine and other local papers.

Tuesdays at 7:00pm beginning on January 5th
\$30 per class or \$125 for the entire 5 week series