



**GETTING CLEAR FOR
THE YEAR 2026**
with Linda Black, E-RYT500

A New Year's Reflection WORKSHOP

JANUARY 1, 2026 • 10:30AM – 12:30PM

Do you have BIG aspirations?

In this workshop we dive deep – getting to the heart of what really matters so YOU can move forward on what you really want in life. What do you dream of? Finding true love? Fitting into your high school jeans? Changing jobs? Owning or starting your own business? If you have big ambitions this workshop is for YOU.

What's Included:

GROUNDING: Cacao Ceremony

LEARNING: Dreams vs Goals and how habits play a big part in bringing your dreams to life.

MOVING: A heart opening yoga practice with breath work

GROWING: A "Clarity and Purpose" guidebook

Sign up

www.alpinebalanceyoga.com

For questions text: (801)787-2515

BALANCE, 195 E 200 N Alpine, UT

Cost: \$33 or \$23 for members



"Clarity – knowing what you want. How you want to feel is just as important as what you want to accomplish. Otherwise you will get to your end goal and still not feel the reward."
~Danielle LaPorte

