



Celebrate my birthday and celebrate you!

It's my Birthday! I have gifts for you!

Hello...

My Birthday is on Sunday, January 10th!

I'll be celebrating all month and I come bearing treats for you! Because I'm on "Soul Dangling" time when I teach, and I want to inspire you to journey with me.

I want 2021 to transform our lives, let the past go and begin anew... no matter the challenges!

Can't wait to see you! 2021 is our year to create the life we want! Just click on each link below to gather my gifts!

With all my heart,
Manuela

PS: Any questions?

Just email me at manuelarohr@gmail.com





Feeling stiff or fatigued? *Here are some helpers!*



[Tiny Island - Mindful Yoga Moves to cope with stress or crisis - eight-minute sequence](#)



[Your Breath Video](#)



Miss going to class? *Zoom is just a click away!*



My Body Wisdom Sessions are for any age, shape, or ability; I teach awareness, not performance.



I'm guiding you with my words to honor your body's wisdom. You don't even need to be on camera, if that bothers you!



All one-on-one sessions at a 20% discount for January. Gift Certificates available!



My one-on-one, highly customized 8-week program has been transforming my student's life. I have new openings coming up in February! [Click here to find out more.](#)



Book a 30-min consultation and experience a free, mini session! [Click here to book.](#)



Friendship Yoga - Buy one private session and split the cost or invite another person to join you for free. Want to invite more friends! Talk to me!



Buy one private session at a regular price and get a second session for free. That's a great way to ignite your fire! \$75 instead of \$150/session.



Don't miss this!



Workshop: Your Body is talking. *Are you listening?*

Bring mindful movements into your life!

Move, breathe, relax with moment-to-moment awareness to tap into your core wisdom!



Date: January 16th @ 12 - 1pm EST



Cost: \$15! That's 50% off, plus you get to invite a friend for free

Pay via Venmo or PayPal, sign up via manuelarohr@gmail.com



Want to sit back and listen...
and just let words inspire you?



[8 Tiny Island - Story of The Trouble Tree](#)



[8 Sacred Gifts](#)



[11 Tiny Island ebook](#)



[16 Tiny Island Wisdom Tips for 2021](#)

I thrive because of my practice. If you have never done yoga - or you think of yoga as a "put-your-body-into-a-pretzel" sort of fitness class - that it is *not!*

Think of listening and honoring your body's wisdom, and transformation happens!

Still not sure this is for you? [Schedule a free, 30-min consultation with me.](#)

xoxo,

Manuela