

Greetings, (insert name).

Hi there, my name is Lisa. I'm a local 500hr registered yoga teacher who recently relocated to Oakwood with my beloved family. I hold a M.Ed. in Counseling and a National Board Certified Counselor credential. I am passionate about supporting mothers of all ages as they reconnect with themselves, reclaim rest, and practice life balance.

I am reaching out to propose an offering I believe would be an enriching compliment to (insert studio name). The monthly mini-retreat I created is called Sacred Motherhood Restorative Practice (SMRP). Teaching at our previous location in New York, I humbly experienced this class readily fill to capacity, and often had a waiting list.

My heartfelt intention for SMRP is to hold a supportive space for mothers of all ages to experience:

**Feminine Yoga** – This woman-focused form of yoga holds space for all our emotions, allowing them to come to the surface and release through the body. It's about feeling our way through our body, letting go of perfectionism, and finding our own rhythm. It's fluid, circular, sensual, intuitive, and grounded. It feels much like a dance laced with soul-filling movement. We focus on moving with stillness, acceptance, patience, and beauty.

**Self-care** – SMRP becomes a monthly ritual of mothers showing up for ourselves in a new way. It's about love and loyalty to herself. We carve out space for ourselves each month, and show up again and again, even in the chaos. We practice self-love through journaling, meditation, peace, and grace.

**Sisterhood** – We crave real connection with other women. We heal when we are together. Inside our sacred circle, we practice being vulnerable and sharing who we truly are. This gives others permission to do the same and allows us all to heal. When we open in this way, our world naturally changes. We have more patience, confidence, and strength, which has a ripple effect on everyone around us.

SMRP is a monthly cathartic experience of yoga and connection. Each mini-retreat has a theme that ceremoniously weaves together the following: restorative/gentle yoga, inspiring journal prompts, deep dialogue, guided meditation, manifesting + releasing, & crafting.

We gather one Sunday (or Saturday if that flows best for your studio) afternoon per month for four hours. The cost is \$55, which also includes craft materials, hot tea, and a monthly giveaway from a local holistic business.

Enclosed are:

- 1) Suggested 2019 schedule with the monthly dates & themes
- 2) A sample flier
- 3) The sequence of events

Sincere gratitude, (insert name), for reading and considering this proposal. I value your time. I'd be delighted to connect with you in person and discuss the details of this offering that is near-and-dear to my heart. I look forward to the possibility of being on this wellness journey together.

Compassionately,  
(signature)