

we it's the new me.

Master leadership thru diverse collaboration.



UNLEASH THE POWER OF YOUR BREATH

Learn easily accessible techniques to deal with daily chronic stresses that might be holding you back from maximizing your potential in and out of school.

Join special educator, yoga teacher, and breathwork teacher, Martha Leonard, in an hour of exploration to unleash the power of your potential through breathwork practice.

In this workshop you will begin to tap into your own power and potential through personal health and wellness techniques, as well as build a network that can be leveraged into long-lasting community change.

Online Workshops:

Sunday, March 26th from 11am – 12pm EST

Thursday, March 30th from 7pm – 8pm EST

There is a \$20 fee for these workshops



Email leap@leap4change.org to confirm your spot now.

