



Victory 23:

8 Thursdays, 11-12:15 am, in January & February

- We all need a boost sometimes, to recharge our sense of purpose in life. Spend the winter weeks playing with yoga/meditation/breathwork specially designed to empower unique inner resources. We start with what is working fine, and layer mastery at your own pace. This builds self efficacy, meets challenges from a new perspective, and instills a sense of joy as a birthright, as a daily practice.
- Layered approach: To hear & meld individual goals into the group, we meet 1:1 for yoga therapy three times over the months of January to March during a time outside of class. We recommend a fourth follow up session a few weeks to months later. Those choosing this track will come to in-person class as many Thursdays as possible
- Practicalities: sign up for a free 20 min goal setting session. In that session we will book a 1:1 yoga therapy intake and 2-3 follow up sessions. Sign up for 11 am class Jan. 5th. Email us at hello@gobinday.org with the words Victory 23 in the subject line, or with any questions so we know that you wish to experience the full package. Pricing: Gobinday exists to pay it forward, on your chosen sliding scale. [Check out 1:1 pricing here](#)
- In case of inclement weather, we will move class on line for that day only. 1:1 sessions may be booked in person in Worcester or online.
- Can't sign up for all of this right now? You may drop into class for over the course of the 8 weeks for a stand-alone yoga and meditation experience.

Victory '23 is based on home practices,
pulsed through weekly group class community, and 1:1 yoga therapy

