



A Year of Clarity:

Rewriting Old Patterns with The Four Agreements

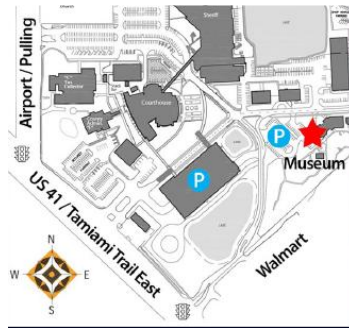
Saturday, January 24, 2026

Registration: 9:30 am

Workshop: 10 am to 11:30 am

**AT COLLIER MUSEUM
GOVERNMENT CENTER**

3331 Tamiami Trail East, Naples



with Yoga Shrink

Dr. Christen Scott

www.yogashrink.com

with over 20 yrs of health and wellness experience in her private psychotherapy practice & her yoga studio in South Florida. She is a 500 level experienced yoga teacher with Yoga Alliance, a meditation & mindfulness teacher as well

as a Multidimensional Healer.



**FREE – DONATION ACCEPTED
AT REGISTRATION**

**REGISTRATION REQUIRED AT
PJONES@MHASWFL.ORG**

**90-MINUTES
NEW-YEAR
WORKSHOP**

**RELEASE OUTDATED
HABITS AND CREATE
MORE PEACE**

**Four Agreements:
navigate life with
greater clarity,
compassion, and
personal freedom.**



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