



# VIRTUAL LIVE WORKSHOPS & MEDITATION

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Body

Mind

Spirit

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## ONLINE & IN-PERSON GROUP WORKSHOPS FOR:

- ANXIETY & STRESS
- IGNITING CREATIVITY & BRILLIANCE
- EMOTIONAL BALANCE & WELL-BEING
- RELEASING & RENEWING ENERGY & SPIRIT
- AND MORE\*...

\*NATALIA CAN ALSO WORK WITH YOU TO DESIGN CUSTOM WORKSHOP EXPERIENCES, CATERED TO YOUR GROUP'S GOALS AND AREA OF FOCUS.

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60 MINUTES  
ZOOM OR  
IN-PERSON\*

\$360 FOR UP  
TO 75 PEOPLE

\$600 FOR 100+  
ATTENDEES

90 MINUTES  
ZOOM OR  
IN-PERSON\*

\$500 FOR UP  
TO 75 PEOPLE

\$800 FOR 100+  
ATTENDEES

120 MINUTES  
ZOOM OR  
IN-PERSON\*

\$650 FOR UP  
TO 75 PEOPLE

\$1000 FOR 100+  
ATTENDEES

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\*PORTLAND, METRO AREA - FOR OTHER LOCATIONS,  
ADDITIONAL TRAVEL COST WILL APPLY

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NATALIA GEORGIA ROGOVIN

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INQUIRE NOW AT: 510.479.2374  
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