

# Moving Spirit, LLC

The Center for Yoga, Dance, and Wellness

Presents:

# Yoga for Weight Loss

- Join our 6-week summer session!
- *Healthy Body Special: \$85 per person for 6-week Yoga for Weight Loss class OR \$200 for 6 weeks of UNLIMITED yoga!*
  - Receive a Healthy Body **resource packet** with weight loss tips, yoga advice, and local hikes.

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Join Pat Ladew for a special 6-week summer weight loss class! This class will combine strength training with a moderate-level yoga workout. Students should bring their own weights and come prepared to set personal goals they can work on in a supportive group environment.

We invite you to love your body and learn new ways to stay healthy and fit. Receive a Healthy Body resource packet with weight-loss tips, and local resources. Call: 603-886-7308

## **6-Week Schedule:**

- *Wednesdays, July 23 - August 27, 9:15 a.m.-10:45 a.m.*

## **Healthy Body Special:**

- *\$85 per person for 6-week Yoga for Weight Loss class OR ONLY \$200 for 6 weeks of UNLIMITED yoga (includes Yoga for Weight Loss)!*
- *\$10 registration fee for new students, if applicable*

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## **REGISTRATION FORM**

**Please return check and registration form to:** Moving Spirit, Harris Pond, 32 Daniel Webster Hwy, Merrimack, NH. See prices above. Checks payable to Moving Spirit LLC. **Pre-Registration is required. Thank you!**

Name \_\_\_\_\_ E-Mail \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_

Health Considerations/Allergies \_\_\_\_\_

How did you hear about this class? \_\_\_\_\_