

Moving Spirit, LLC

The Center for Yoga, Dance, and Wellness

Presents:

Yoga for Weight Loss & Healthy Living

- Join our 8-week Fall session!
- \$250.00 per person - includes a copy of Baron Baptiste's book, 40 Days to Personal Revolution, **UNLIMITED YOGA** & meditation classes, weekly meetings, one-on-one nutrition guidance and support, and access to a group chat room.
- Receive a **resource packet** with weight loss tips, yoga advice, and local hike information.

Re-create yourself this fall with a transformative series of classes designed to help you make positive lifestyle changes that will benefit your body, mind, and spirit. Join Pat Ladew & Sue Gehling for a special 8-week "Yoga for Weight Loss and Healthy Living" program based on Baron Baptiste's book, 40 Days to Personal Revolution.

8-Week Schedule and Pricing:

- Tuesday, September 9 – October 28, 6:00 p.m.- 7:00 p.m. – Support Group and open invitation to unlimited yoga at all regularly scheduled classes. (recommended attendance at least twice/week)
- \$250 per person plus \$20 registration fee for students new to the studio.

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? _____