

42·DAYS

TO PERSONAL TRANSFORMATION

With Kelly Heath: Yoga, Meditation & Diet for a New You!

Every year we make resolutions, and it seems every year we neglect to keep them because true transformation is not a superficial fix. When was the last time you took on a challenge that made you reach down into the depths of your body and soul, bringing forth your truest, most powerful potential? When did you last revel in a sense of wonder and awe at your own achievement? Things that seem impossible when you first begin this program will become proud memories and powerful metaphors for the rest of your life - regardless of your current physical condition.

This challenge allows you to start exactly where you are and create steady bursts of breakthroughs; you will gradually surface as a changed person, inside and out. This life changing program includes yoga, meditation, journaling and the study of eating for the seasons.

As a student of the 42 Days Program, you will receive:

- Six weeks of unlimited yoga classes at our studio
- Baron Baptiste's book "40 Days to Personal Revolution"
- Introduction to Meditation
- Program binder with logbook and journaling pages
- Healthy diet counseling & support
- Journaling & spiritual guidance
- Continue weekly goal setting and check-in for accountability
- Weekly meetings for mentoring, mutual support and discussion- Mondays 7:15-8 p.m. Attendance is essential for optimal results.
- Completion celebration party - February 17, 5 p.m.
- Special practice with Dave Farfar, Certified Baptiste Teacher Thursday, January 24 5:30-7:30 p.m.
- As A Special Bonus for nonmembers: Free Yoga Upon Successful Completion:

- If you attend 25 classes in the studio = 4th Week Free in February!

- If you attend 36 classes in the studio = 4th & 5th Weeks Free in February!



January 7-February 17

Members - \$150
with monthly membership

Nonmembers - \$300
(More than \$500 value)



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at the



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