

# 12-Week Perfect Weight Wellness Program

Tired of jumping from one diet to another, only to go right back to your 'regular' eating habits and lifestyle? It's time for a new healthy lifestyle program, one that will address the whole you, and not just what you eat. Join us for our signature 12-week Yoga and Ayurveda-based wellness program.



## Part I - Yoga Conditioning for Weight Loss with Suzanne Deason

Part I will focus on developing a consistent yoga practice, along with weekly discussions on diet and nutrition.

Program includes:

- Book: Yoga Conditioning for Weight Loss by Suzanne Deason
- Weekly Yoga Class with Suzanne
- Weekly class discussions on the Mind-Body Connection, Nutrition and Restoring Balance

Part I Cost: \$120

Next Session Starts: Saturday, January 9, 2010



## Part II - Mindful Body Transformation with MaggieG

Part II deepens the Mind-Body Connection, through Dosha-specific fitness and nutrition weekly seminars. Individual coaching to establish Wellness Lifestyle goals, and formulating success strategies for maintaining a Wellness-based Lifestyle.

Program includes:

- Mindful Body Transformation Program Binder
- "Health Hour" weekly meeting ~ Perfect Health Wellness Coaching
- Dosha Mind/Body Analysis (Vata, Pitta, Kapha)
- BMI Analysis (Body Mass Index)
- Weekly Yoga or Zumba class

Part II Cost: \$120

Next Session Starts: Tuesday, February 16, 2010



Purchase both parts (Part I & II) by December 31st for only \$199