



EMPOWERMENT AND BEYOND...

A 6 week program bringing change in your life!

Weekly Meetings:
(two separate times)

**Sunday's 8:15pm
- 10:30pm**

**Monday's
11:30am - 1:30pm**

The Time is now!
The time is now to find out what happens when you commit 6 weeks to your Yoga practice, meditation, mindful eating and shifting your life.

"Drop the baggage you carry around, get rid of habits that aren't serving you, and renew your presence in each moment. The time is now to live from your power."

Begin now and you will have access to a community that supports one another, grows together, sweats together and stays together.

The time is now. Be fearless. Make this the best year of your life!

Includes:
Food intake evaluation
Group support
Three-day fruit fast
Weekly topics of inspiration
Weekly meetings
Journaling
Meditations

Pricing:

\$250 for the program \$125 Students / Repeat Participants

Individual Coaching meetings and Audio Series available