

# **10 Week Yoga Mind & Body Challenge**



**A Wholistic Approach to a Healthier You**

**Personal Class Plan Tailored to Your Needs**

**Daily Yoga Tips to Keep You on Track**

**Supportive Staff Monitoring your Progress**

**\$150 Unlimited 10 Week Membership**

**Register now Challenge start dates Sept 3rd thru Sept 13th**

**Register now for this special offer that will support you fully through your choice for change.**

A bespoke Yoga class plan will be tailored for your needs with a mix of class suggestions from relaxation and meditation classes to deep stretch, yoga flow and mind body awareness. All designed to offer a **Yoga Map** that will navigate you towards your personal goals.

### **Class attendance**

Everyone taking part in the challenge will sign in to classes on special attendance sheets so we can track your progress and check on which classes you are attending.

### **Daily Tips**

Follow our daily tips on face book to support your challenge. Each day improve your yoga knowledge with a deeper look at poses. Get suggestions for taking yoga off the mat and into your life.

### **Optional access to a personal coach through direct email.**

For a small fee get access to a personal coach. She can help support your journey by checking on your progress, listening to your feedback, adjusting your Yoga Map and prompting you if we notice lack of attendance

### **After 10 weeks**

On completion of your 10 week challenge you will receive a special offer to continue your unlimited membership at discounted rates for a further 6 months.