

CNY Yoga Center's 40 Day Challenge

Is your way not working?

Is your resolve for the year beginning to wane?

Are you ready to give up old ways of being that are no longer serving you?

Give our way a try for 40 days! This will get you back on track. In 40 days, long enough to create new habits, you can feel happier and healthier than ever before. Experience the benefits of the yoga lifestyle and the wisdom of CNY Yoga Center's highly trained staff.



~40 days of unlimited access to 2 yoga studios~

~Workshops on emotional clearing, nutrition, yogic practices and more~

~A personal mentor for the duration of the challenge~

~Group support and power with weekly check-ins~

~Discounts on one-on-one sessions with the program leaders for nutritional counseling, mind-body healing, yoga or meditation~

~One HotHouse Yoga class to challenge you, where you can sweat your prayers!~

~One Maha Sadhana, the complete practices of Sri Dharma Mittra~

Sunday February 21st - Friday April 2nd, 2010



*Don't miss this opportunity to 'give up' your old ways,
and begin your path to your healthiest, happiest self!*

No prior yoga experience necessary!

COST: \$300 / \$175 for current CNY YOGA members

Please call (315) 461-YOGA (9642)

Or contact info@cnyyogacenter.com

for more information
www.cnyyogacenter.com