



We are committed to giving you the best chance to change your mind and your body, and put you on a path to lasting health and happiness.

Make this short commitment to yourself!

*Join us for the 40 Day Challenge!*

**Schedule of Events:**  
*February 21<sup>st</sup> – April 2<sup>nd</sup>, 2010*

**Sunday 2/21, 1-3pm**

Start-up Meeting and Emotional Clearing with Lisa

**Saturday 2/27 12<sup>30</sup>-3pm**

Conscious Eating Workshop with Lorie and Kate

**Saturday 3/6, 5-8<sup>30</sup>pm**

Maha Sadhana with Lorie (Downtown location)

**Saturday 3/13, 1-3pm**

How to Shop Healthy: Grocery Store Tour with Kate

**Friday 3/19, 6-8<sup>30</sup>pm**

Hot House Yoga class

**Saturday 3/27, 1-3pm**

New Vision Workshop with Lisa

**Friday 4/2, 6<sup>30</sup> - 9pm**

Closing Celebration - Sadhana Workshop with Lorie followed by vegan potluck!

\*\*All workshops/events will begin with a 30minute group check in session, and are at our Liverpool location unless otherwise indicated\*\*