

# SPRING & TUNE UP YOUR THIGHS YOGA for WEIGHT LOSS

**Are you ready to shed your winter coat & embrace the spring changes?**

**Our bodies are dormant and resting throughout the winter for the year to come. We walk less & eat more to keep us warm. It is natural for human body to do so. This workshop will assist you in *smooth and effective transition* into more active phase of the year.**

***Once you move your body, the mind moves also.* Once you awaken your legs, not only circulation improves but also your mind sharpens and consciously craves more nutritionally balanced foods and regulates your weight.**

**COME, LEARN AND ENJOY:**

Creating a sequence which stimulates your metabolism in easy & powerful way

Toning your legs

Losing weight

The Yoga Studio, 840 Main St., Millis

Saturday, March 20, 2010; 2:00 p.m. – 4:00 p.m.

**REGISTER ONE WEEK IN ADVANCE: \$35.00**

AT THE DOOR: \$40.00

**CALL TO REGISTER: 508-376-8508**