

SAY YES TO YOU! TELL ME HOW I CAN HELP YOU

Fill in the	boxes and	let me see	how I can	help you	love your	life...
	Circle or	highlight	areas where	you would	like some	guidance
Weight loss	Deeper rest	Better energy	Improved Appetite	Stable moods	Commit to exercise	Improve flexibility
Decrease stress	Personal time	Meditation	Know your dharma (purpose)	Spiritual Connection	Self-esteem	Body image
Nutrition knowledge	Meal Planning	Stronger relationships	Deeper intimacy	Daily routine	Decrease pain	Decrease stress
Decrease inflammation	Better relationship with food	Feel less bloated	Overall wellness	Connection to community	Increase joy for life	Help my planet

WHOLE BODY LIVING ~ YOUR 10 WEEK PERSONAL HEALTH REVOLUTION

Satori Yoga with Stephanie Calhoun Enlighten.satori@gmail.com
 73 York Street
 Fredericton, NB
 E3B 3N4
 www.wholebodyliving.org

Whole Body Living
For Vibrant Health...

FREE information sessions!
 Nov 10 @7:15pm
 & Dec 5 @1pm

Complete this table, then email it back to me!