

wholebody living

Welcome to your 10 week personal wellness revolution

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Ayurvedic Health Coach
Registered Yoga Teacher



Are you tired of feeling out of control of your health, relationships, wellness and joy?
Do you want your time on this planet to have meaning and purpose, and to truly understand your Dharma?

Would you be interested in deeper rest, a healthier diet and increased energy?

Welcome home, this is what you've been looking for...

Your guided and fully supported 10 week ONLINE program includes

- * **A live event launch and wrap up session as well as live calls throughout**
 - * In depth teachings to understand the body you were born with
 - * An “at your pace” approach where I’m with you the whole time
- * Weekly videos teaching you how to make healthy, simple and powerful changes
 - * A ten week habit change approach so you aren’t overwhelmed
 - * Personal yoga and meditation practices to do with me in your OWN home
- * Amazing resources to keep you on track week by week, and expand your knowledge
- * Online support with your tribe ~ habit change science proves there’s power in numbers

And more....

Sign up at one of my FREE information sessions and receive an amazing gift worth \$230

November 10th 7:15pm Fredericton Convention Center

December 5th 1:00pm Satori Yoga Studio

www.wholebodyliving.org

Facebook: Whole Body Living

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