

Lifestyle Changes for a Healthy New Year!

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at the **Academy of Creative Movement Yoga Studio**
in Orland Park, IL

Sunday January 31st, 2010
1:30 p.m. – 3:30 p.m.

The road to health and well-being often starts with changes to diet, exercise, habits. In your yoga practice you'll find that small steps result in real change over time. In this workshop we'll discuss how yoga can be an activity, around which you can build lifestyle changes.

The workshop will consist of a short discussion, some examples of how we can change our habits, and a yoga practice. This is a workshop that can change your life for the better.

For more information:

Call Donna Furmanek at 708-403-7225.

Price - \$25.00 (Pre-registered) \$30.00 at the door
Please call to pre-register before January 28th.