

August Classes

CREATE YOUR BEST LIFE

Facilitators: Nancy Straatmann and Julie Dotson

Are you ready to let go of worry and fear?

Do you want to increase joy and contentment?

Are you wondering how to create the life of your dreams?

Then this workshop is for YOU!

Now is the time to rediscover and awaken to your best life.

**Increase Joy,
Contentment,
Peace and
Possibilities**

Explore and discover the benefits of meditation and breath, movement and stillness, creativity and reflection.

Workshop topics include:

(Sept. 15th) Releasing - Let go of worry and fear

(Oct. 20th) Creating Peace - Explore meditation and stillness

(Nov. 17th) Rediscovering - Tap into your creativity

(Dec. 15th) Awakening to New Possibilities - Explore steps to living your best life

Cost for the entire series is \$140.

Register on or before August 25th and receive a \$20 discount.

Free Informational Session, Tuesday, August 24

6:30-7:30 pm, St. Clair-Call 636-629-7776 to sign up

for the free session or for the full session.

August Fitness Class

Yo-Pi (Yoga and Pilates)

with Barbie from Lifeforce Fitness

6-week session on Thursday evenings

6:30pm-7:30pm starting August 20th

St. Clair Root Diggin' Nation Store

Class fee only - \$50.00

Less than \$9.00 a class!

This class is limited in size and fills up quickly!

Please call 636-629-7776 or visit our store to sign up today!



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