

Pilot Wellness Class



On My Way to...[®]

We will engage in exercising 2 times a week, you will learn what to eat to lose weight, gain energy and we will practice releasing each thought, emotion, and sensation as they arise: exploring how to fulfill a sense of contentment, peace and love.

By meeting the mind in the stillness of the body and allowing the breath to be our gentle guide, this class will introduce you to transformative body-mind practices, offering physical activity in 7 minute intervals to experience the body as it connects to the mind.

Mindful activities to nurture and fulfill mind, body and spirit.

A few of the benefits:

- Stress reduction
- Lowered blood pressure
- Weight loss
- Stronger muscles and a toned body
- Social interaction with healthy people
- Reduction of disease symptoms
- More energy and a positive attitude
- Overall happiness

Be part of a unique class in Elko

Starts: September 15th, 2015

Ends: October 15th

When: Tuesday and Friday

Time: 6pm (10 classes)

Cost: \$120 with free workbook

You will participate in experiential activities: meditation and journaling. You will learn about three basic needs of safety, satisfaction, and connection for a lasting sense of well-being through exercise, eating sensible meals and incorporating meditation.



www.MyExerciseandWellness.com

Promoting Wellness, Preventing Disease.

Susan Scarlet-Macaw
Exercise Physiologist and Health Coach

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