

FEBRUARY

1



CLASS - \$5.00

Discover what motivates you and learn to give yourself
ME time and wellness!

Exercise, Eating, Enlightenment, Exploration, Engagement, Experience.

Be part of a unique class! Monday at 6pm - 7pm

Success takes time, you can cut the time with help. Start this exploration class where you will learn about exercise, plant based-nutrition, meditation and exploration methods to change your life in positive ways.

Get started with small steps:

Find time to be still - and **explore your five senses**, and ways to stay focused.

Find time to be moving - **gain stamina, agility**, physical resilience.

Explore your curiosity about "**what if**" you ate a vegan menu for 7 days? :-)

Engage with activities that explore your **creativity**.

Experience **what motivates you** to change habits and be the Best Self you can be.

The class is for 4 weeks, starting February 1st and every Monday. \$5 per class. You need to commit to every class since there is only room for 6 people.

EMAIL ME FOR 1 OF 6 SPOT.

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