



# THRIVE THIS HOLIDAY SEASON!



*Learn to relax...  
Balance your weight...  
Nourish your body...  
Prevent stagnation...*

*...by discovering the  
SECRETS OF ANCIENT INDIAN  
WISDOM*

*Maintain mind-body wellness  
while enjoying this holiday season  
with*

*affordable and private  
AYURVEDA & YOGA THERAPY  
SESSIONS*

*nutrition, yoga therapy, breath work, daily self care routines,  
herbal medicine, meditation and more!*

*Saturday  
December 9<sup>th</sup>,  
2017  
@ The Nest  
2153 SW Main Street*

**3 SESSIONS  
FOR ONLY  
\$120!**

*Call or email  
Ann Wagoner,  
Certified  
Ayurvedic  
Practitioner,  
E-RYT-500  
for details  
and  
registration*

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