



90 Days To Feeling Fit

Do you need help with:
Weight Loss, Nutrition,
Fitness Goals,
Detox, Fatigue, Aches/ Pain,
Depression?

Free Seminars:

- 1/8~ 4p-5:30p + **FREE yoga** 5:45p-7p
- 1/12~ 6- 6:30p + **FREE yoga** 6:45p-7:45p
- 1/15~ 4p-5:30p + **FREE yoga** 5:45p-7p

Held at:

Dynamic Yoga and Fitness Studio 558 Bluebird Lane Red Oak

*Educate, Inspire, and make
Healthier lifestyle changes
For your future!*

~RSVP online~ 90DaysToFeelingFit.com



90 Days to Feeling Fit is a cleansing process for your Body, Mind, Speech, Behavior, Diet, Lifestyle, Habits and Personal Environment!

- **Personalized and Customized routine** Am / Pm routine
- **Measurements and Weigh- ins included!**

- **Customized Nutrition Program** specifically for you!
Many the Arbonne Nutrition plans to choose from!

- **Personalized Detox + Weight Loss Plan:**
Together we will create the perfect plan for you, your body, your lifestyle, your time.

- **FREE yoga class every week from 5:45- 6:45p after the seminars.**
We have a place to change and mats to borrow or to purchase.

- Receive a coupon for **20% off a purchase** in the Yoga4love.net online store or in the retail area of studio.

Overview:

We will meet from 4:00-5:30p each week. You will hear from Lisa Ware and Dr. Bethany Barnes about various health and wellness topics. The first week on 1/22 from 2-3:30p includes an optional FIELD TRIP to the grocery store before the 90 Days Seminar. This fun and informative trip is where Bethany and Lisa educate you how to shop for optimal health, read labels and truly begin to enjoy what you eat and how to feed your family healthy choices!

Each week has a theme and we have wonderful guest speakers from all walks of life.

We will explore important subjects such as:

Nutrition and Detox + Weight Loss

Yoga, Fitness and How to incorporate a routine in your life

Smoothie Party

Hormone Balance + how to change to a more natural approach to wellness without pharmaceuticals

The program can be customized by adding these other services at a super discount:

- Unlimited Dynamic Membership
- Chiropractic
- Bootcamp 4 Dynamic Inner Strength

Email to RSVP: instructor@yoga4love.net

469.437.1334