

40 DAYS

to Personal Revolution

This 40 Days to Personal *Revolution* is a program that was created by Baron Baptiste, who is a world renowned *yoga* teacher. This program is designed to not only cultivate change in your body and mind but also in your *life*. You will learn to remove the obstacles that block you from *living* a more awakened, peaceful, and empowered life. If you are especially busy in your life this is the *perfect* time. Be ready now to experience radical changes, *connect* with community, and step into a new way of *being*.

In the course, you will be supported & receive information on:

Yoga | Meditation | Journaling | Diet Awareness: 4-Day Cleanse Program Binder | 40 Days to Personal Revolution Book
6 Sunday Evening 75 Minute Group Meetings



Lisa Proulx, Associate Baptiste Teacher

Lisa's yoga journey began in 1999, and her love for the practice arose quickly. Two years ago, she was introduced to Baptiste Power Yoga, and discovered limitless possibilities on and off the mat. It is her desire to inspire her students to look within, allowing their limitless possibilities to surface.

DATE
February 26 - April 5

TIME
Weekly Group Meetings: Sundays at 6:30 pm
Yoga practice before meetings at 5:30 pm

COST
Members: \$175
Non-Members: \$225

Reflections from participants...



"It was a journey of awakening for me. It has unblocked a connection with true self and I am forever changed. I look at everything differently now."

- *Donna Figg*



"It was a pivotal life changing moment. I uncovered my bad health habits, unearthed deep seated fears, resentments & low self esteem that has helped me to shine big in my life. I learned the importance of daily meditation practice and rediscovered what it means to be a hero in my own life."

- *Shannon Scrockett*



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