

YOGA FOR WEIGHT LOSS:

Lose Weight from the Inside Out w/ Ava Gerber

A radically different approach to weight loss....start not with diet & exercise but with connecting to yourself.

Yoga & mindful eating creates shifts that lead to lasting change. Self-acceptance, increased body awareness, & inward reflection can increase your ability to achieve & maintain a healthy weight.



***IDENTIFY** Eight Limbs of Yoga to overcome emotional overeating

***EXPLAIN** Chakras that influence emotional overeating and how we can change unhealthy patterns

***DEMONSTRATE** Loving Kindness Meditations that help students love and accept themselves and others

***ASSESS** Tools for positive change such as journaling, pranayama, affirmations, mantras, guided visual meditations & asanas

TUESDAYS 6:45-7:45 PM

JUNE 19 – JULY 24

ONE SESSION PER WEEK for 6 WEEKS

COST: \$119 MEMBERS / \$129 NON-MEMBERS

****MUST REGISTER IN ADVANCE BY JUNE 15th****