



TRANSFORM YOUR LIFE

EAT WELL. BUILD RESILIENCE. FEEL BETTER IN YOUR BODY.

Explore a groundbreaking program that combines the wisdom of mindfulness traditions with insights from modern neuroscience.



EAT MINDFULLY

Explore meditations to help you tap into hunger and fullness signals and manage emotional eating.



EXPLORE YOGA

Discover mindful movement practices that support body awareness, emotional wellbeing, and physical vitality.



BUILD RESILIENCE

Learn cutting edge tools from neuroscience, psychology, and movement science to help you manage your emotions and generate positive states of mind.

EAT BREATHE THRIVE AIRDRIE

WHEN: October 03 – November 21, 2019 (exc. Oct 31)
Thursdays, 6:30–9:00 PM

WHERE: Life of Wellness
26 Creek Springs Road NW
Airdrie, AB T4B-2V5

COST: \$379 CAD Early Bird
\$459 CAD after September 19th
Scholarships available

CONTACT: ebt@lifeofwellness.ca
(403) 473-8679

Apply now to join us! → WWW.EATBREATHETHRIVE.ORG/JOIN-US



www.eatbreathethrive.org



YOUR PROGRAM FACILITATORS:



Sherri Stokes
YOGA TEACHER



Melanie Taylor
TRANSFORMATION COACH
AND YOGA THERAPIST