



Awaken to Spring

Cleanse Inside and Out through Yoga and Nutrition

With Jeanne Dillion, Certified Yoga Therapist
&

Robbie Leatham, C.H.N., R.N., owner of New Life Nutrition

Saturday, March 10, 2012

1:00 – 5:00 p.m.

Yoga for Wellness, LLC,

1175 E. Park Center Blvd., Suite 102, Boise, Idaho

(Corner of Park Center Blvd. and Southshore – building actually faces Southshore)

NO YOGA EXPERIENCE NECESSARY

**Discover Your Connection to Seasonal Change.
Let us Help You Awaken the Flower Within.**

Through the ancient wisdoms of yoga and nutrition learn to let go of what no longer serves you, and welcome the new you! This is an experiential workshop inviting the exploration of body, mind, spirit and the senses. Participants will experience an accessible movement and breathing practice, meditation, and nutritional guidance encouraging the blossoming of a new spring beginning. Wear loose comfortable clothes that allow ease of movement and breathing.

COST: \$110 (\$125 after February 29th)

FOR MORE INFORMATION AND TO REGISTER:

Contact Robbie Leatham at 208-571-0235 or e-mail Robbie@boisenewlifenuitrition.com

Jeanne Dillion at 208-345-7113 or email jeannedillion@yogaforwellnesspro.com