

Feeling Sluggish?

Is your Mind Scattered?

Struggling with Low Energy?

*All these aspects can be tied to your digestive system.
There is a cumulative effect to even slightly poor digestion that affects your daily life.*

Then join us for ...

Healthy Digestion through Yoga & Nutrition

~ Saturday April 10, 2010 ~

9:00am- 1:00pm

dibellayoga

31 Plank Ave, #304 at The Depot Shoppes, Paoli PA

Program fee \$90

(register by March 25th and save \$10)

The answer can be simple.

Even adopting one change may yield significant results to boost your energy and help you feel healthier and more positive.

This workshop will teach you specific yoga poses for your digestive system. In addition, you'll learn a dietary approach for improving your body's inner intelligence with a demonstration and vitality charged food!

Feel Inspired, Nourished and Energized!

Polly DiBella, CSYT and **Sandy Gargus**, CHHC will lead this experience to a healthier, energizer you!

www.dibellayoga.com | 610-578-0733

www.nourishtorenew.com | 610-209-7001