



# Start the season lighter and brighter and make 2018 YOUR Year!

Sunday, Dec. 3rd, 10-6

**Reset and reboot from the inside out! This is the day to clean up the year, leave the baggage behind and start 2018 with renewed purpose, focus and energy.**

**An interactive, fun yet focused day! You will get a folder with handouts and worksheets. You will walk away with your renewed purpose, potential and plan!**

## Schedule

**10-11:30am, Kundalini Yoga** Energize, move the stale energy, awaken the mind and the intuition, specific exercises to let go of past Karma and patterns.

**11:30-1pm, Lunch** Vegetarian Ayurvedic Lunch

**1-2pm, Your Daily Routine** How to plan your day, the Ayurveda Way for a fulfilled balanced life

### **2-5pm, 5 Keys to breaking Habit Patterns/Chakra balancing**

Haunted by past habits and patterns? Change is possible with awareness, new mindset and practice. Simple ways to understand the chakras, how to tune into your specific challenge, how to restore the balance and seal the leakages and how to access the energy around you.

**5-6pm, Name it to Claim it! Your vision for 2018** What's your dream? What do you envision? Bring clarity, purpose, action plan and what to do for 2018

**Cost: \$95** Must pre-register by Nov. 25th

**Location:** Home Yoga studio: 851 Barberry Dr. Milford (subject to change)



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