



body kneads
yoga



"Simplify your wants and lead a contented life."

~ Sri Dharma Mittra

Take the "Nourish Your Body, Nourish Your Spirit" challenge!

8-week program begins January 15, 2012

There's never been a better time to treat your body right, lose weight, and feel great! Discover a new you in the new year with this 8-week intensive yoga, nutrition, and education challenge led by Certified Nutrition Manager Camille Durante of NutritionWorks!

Here's what you get when you sign up:

- 8 coaching sessions with Camille (6 group and 2 private)
- Tanita Scale Body Composition analysis
- Weekly food diary and calorie composition analysis
- Totally personalized menu plans, shopping lists, restaurant guides, & more
- Help identifying emotional eating patterns and "comfort foods"
- Cool incentives, prizes, and perks

All this, plus 2 months of UNLIMITED YOGA at bky for just

\$349!

**Let us help you get in gear! No more excuses or unfulfilled resolutions!
This program is limited to just 10 people, so sign up today!**



Camille Durante is a certified Nutrition Manager through Lifestyle Management Associates and AASDN. She has been a Personal Trainer through AFAA (Aerobic and Fitness Association of America) since 2000. She also holds a Bachelor of Science in Business Management.