

HAVE YOU TRIED EVERYTHING TO

**LOSE WEIGHT?**

SICK OF  
YO-YO

**DIETING?**

ALWAYS HOPPING ON THE SCALE?

HAVE YOU HIT

**ROCK BOTTOM?**

Introduction to a

## **MIND BODY APPROACH TO WEIGHT & BODY CONFIDENCE**

**SUNDAY  
JAN 10, 2016**

**1PM to 4PM \$65**

**GLOW YOGA STUDIO & HEALING**

4535 Coronation Road, Whitby, ON

[www.glowyogastudio.ca](http://www.glowyogastudio.ca)

[studio.glowyoga@gmail.com](mailto:studio.glowyoga@gmail.com)

905-903-5730

Learn how to tap into your power in this 3-hour workshop as we teach you how to increase your body confidence by neutralizing self-sabotaging thoughts and behaviours. We will show you how using a meridian energy modality called Emotional Freedom Techniques. This powerful tool can help to ease emotional stress and the role it plays on your body, weight and confidence. Learn how tapping into your body's own energy system can stimulate the healing power from within, all by using your very own fingertips!

**SPACE IS LIMITED**

To register please call 905-903-5730 or email [studio.glowyoga@gmail.com](mailto:studio.glowyoga@gmail.com)



**Celia Wynne**, Certified Nutritional Practitioner, NNCP, Emotional Success Coach (Accredited and Certified by AAMET & NeftTI)

Celia works with people who are hiding from their own brilliance, and shows them how to ease their suffering and step into their power. Specifically working with weight, health and body confidence issues.

[celia@wynningwellness.com](mailto:celia@wynningwellness.com)



**Gillian Small**, Transformational Coach, Reiki Practitioner (Accredited and Certified by AAMET & NeftTI)

Gillian helps people who suffer from anxiety and loss of control by tapping into their courage and power using Emotional Freedom Techniques and Matrix Re-Imprinting.

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