

Springtime, and our thoughts turn to new life, fresh starts,
and feeling better in our skin.

As Spring arrives on the Vernal Equinox this year, how about a new beginning?

Are you looking for a program to **kick-start** your practices, to set you on a dedicated path to the **full health** you've been craving, to inspire the personal **tune-up** your body so earnestly desires?

Would you like to go to a spa for a week to **cleanse, nourish, & energize** but can't leave town or take that kind of time away from work/home?

Is your **health and well-being currently at risk** of critical breakdown?

Would it help you to have a **personal trainer, a motivating structure, a plan**?

Sounds like it's time for you to take the PLUNGE!

Daily Yoga classes, March 15-18, 2010

2-Day Cleanse followed by Whole Foods Nutrition Plan

Personalized Daily Home Practices (15-60 minute options)

Individualized Wholistic Assessment & "Personal Care & Feeding Plan"

(Individual assessment/planning meeting scheduled 1-week prior)

Structured Daily Schedule

Loving Support to return to a place of renewed balance & comfort

in your body & mind with a follow-up support meeting 2 weeks

after program ending

Also Available for additional fees:

Personal Training & Assistance available for Spring Plunge! participants at reduced private rates (may include in-home training, food shopping & meal planning/preparation support, emotional / spiritual guidance)

Spring Plunge Fee: \$150

Registration due at your individual assessment meeting
(no less than one week prior to March 12th)

Strongly Encouraged ... to fill out your program:
Spring Plunge Deep Cleanse & Renewal Retreat
March 12-14

For more info, contact Jan at 704-905-3652 or jan@riverbirchyoga.com