

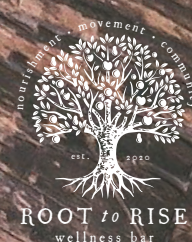
ELEVA



A life-changing 8-week experience to be present, eat mindfully, break old habits and establish new healthy rituals in 2024.

JAN. 7 - MAR. 3, 2024

**SOUL
STRETCH
YOGA**



8-WEEK YOGA, SPIN & JUICE CLEANSE JOURNEY



MOVEMENT

Practice or Ride:

You'll receive (3) Yoga or Spin Classes per week PLUS a Home Workout Schedule that changes every two weeks.

The goal is to work out/move your body twice a day (five days a week) for 45-60 minutes. One of those workouts could be outside.



NOURISHMENT

You'll receive (2) 16oz Cold Press Juices per week PLUS meal plans that work. You'll learn to eat whole foods and drink half your body weight in ounces of water every day.

The goal is to educate you on knowing the whys of proper nutrition, how to eat for your body type, and how to build and prep meals for maximum results.



COMMUNITY

You'll attend (4) Sunday Meet Ups with Rose and Danielle:

Jan. 7th (BEGIN),
Jan. 28th (CHECK IN),
Feb. 11th (CHECK IN)
Mar. 3 (MOVE ON)

3pm - 5pm at the Yoga Studio.

The goal is break patterns & habits, let go of things weighing us down, both physically and emotionally. Together, we'll establish new daily rituals to help find more calm and balance.

8-WEEK PROGRAM

COSTS: \$248

includes:

- 24 Yoga or Spin classes, (\$295 value)
- 16 Cold Pressed Juices (2/week) = \$192 value)
- Life Coaching, (\$400 value)
- Workshops and Takeaways, (\$200 value)

Total Value = \$1,087

YOUR COST = \$248!!

PROGRAM LEADER:



Rose Sabin, E-RYT 500,
Ayurvedic Health Coach

GUEST EDUCATORS:



Corrine Cammisa,
E-RYT 500



Nicholas Mainous,
RYT 500

WANT TO REGISTER?

Visit our website at SoulStretchMobileYoga.com to sign up via KarmaSoft.

QUESTIONS? - CALL ROSE AT 440.223.7673