



YOGA DETOX

Increase in Energy ~ Weight Control ~ Clear Skin ~ Centered Mind

REGULAR ENROLLMENT

Ends Saturday February 21-

Get 40% down to reserve Your space

Spring Wellness Training Camp

March 1st 19th 2009

Sunday 1:45 - 3:45pm Monday - Thursdays 6:00 - 6:55am

CHOOSE FROM A WEEK CLEANSE (6 HOURS), HALF CLEANSE (9 HOURS), OR THE FULL CLEANSE (18 HOURS)

Benefits of the wellness packages:

- Improves Energy Levels, Respiration & Vitality
- A Toned, Flexible, & Strong Body
- Weight Control
- Maintain a Balanced Metabolism
- Promotes Cardiovascular & Circulatory Health
- Improves Athletic Performance
- Decreased Stress, Tension, & Pain
- Encourages Positive Thoughts & Self-Acceptance
- Inter-Dependence Between Mind, Body & Spirit
- Clear Radiant Skin
- Greater Awareness of your Body, Feelings, & the World
- Look and feel younger than your age

LATE REGISTRATION

FEBRUARY 21- MARCH 1-

WILL ADD \$45 TO ANY PACKAGE

HOLD YOUR SPACE BY PLACING 40% DOWN

CALL 573-424-1032 FOR PRICING OPTIONS

Key Largo Fitness and Tanning – South Gym

WWW.KEYLARGOFITNESS.COM 10 West Nifong Columbia, MO 65203 (573) 441-0059



Yoga Detox is a training event for Body Mind and Spirit

