



Avoid Weight-Gain and Stress During the Holidays

with Donna Rixmann

When? Attend this workshop October 14, 2017 from 9AM to 11:30AM

Where? 48 Natoma, Folsom.

Cost: Fee \$32/\$25 resident discount

Action: Call to reserve your spot (space limited)- 916-355-7285
or go to: <https://webtrac.folsom.ca.us/wbwsc/webtrac.wsc/search.html?module=AR&fmid=49533798>

Maintain balance and calm during the coming season.

You will learn;

- strategies for avoiding weight-gain and
- techniques for alleviating stress & shifting your attitude
- practices and routines (including diet & lifestyle suggestions)

During this time, our routine often becomes more erratic with travel or family visits. There may be additional pressure to make this time special for family and friends (or ourselves).

Walk away with a plan. Handouts provided.

Call Donna Rixmann, Ayurvedic Practitioner and Yoga Therapist, with any questions - 916-712-9642