

Spiritual Approach to Weight Loss

7-week series, begins on March 28

Sturbridge Yoga: 559 Main Street 3rd Floor (Core Fitness & Wellness)

Friday evenings 6:30–8:00 PM, Cost: \$80

Have you tried many different approaches to weight loss
but still can't find long term success?

Do you flip-flop with your diet?

Are you overly focused on the food and the latest diet
fad, rather than the true roots of your compulsive
overeating and food addiction?

Join for an intensive 7-week series that focuses finding a
spiritual approach to weight loss.

This series is for anyone who feels they may be a food addict or compulsive/emotional overeater, or for those looking to learn more about this topic. Class components will include lecture, group discussion, partner activities, journaling, whole foods education, and mindful eating practice. Please bring a journal to each class.

About Laura Pucci: Laura is the founder of Sturbridge Yoga and is a Registered Yoga Teacher (RYT). In addition to her yoga teaching, Laura has developed a great deal of knowledge on the subject of food addiction and has established a strong network and personal experience in this area. In this new series, she is excited to share her experience with food addiction and recovery in the hopes of helping others to get healthy and create a spiritual weight loss program.

To reserve your spot in this life-changing series, call 508-344-5903 or register online at www.sturbridgeyoga.com

S T U R B R I D G E
YOGA