



S.H.I.F.T. to YOUR Unlimited Potential



Led by Jenn Pike & Dr. Laura Foster

Sunday, October 14th, 2012

10:00 am ~ 5:00 pm

Simplicity Yoga & Fitness Therapy Studio

Join us for an inspiring & informative 7 hour program that is designed by US for YOU.
Who wouldn't want to live life more fearlessly, joyfully & soulfully?

This is a supercharged combo package: – The best of Dr. Foster's 'Foundation Program for Inspired Living' together with Jenn Pike's legendary 'Master Your Metabolism.'

Bring your best attitude, your appetite for possibilities, the desire to play all-out, and an overwhelming desire to S.H.I.F.T. towards your unlimited potential.

We will explore:

The daily mindful habits that create core change.
How to eat in alignment with your body to achieve your goals.
The art of setting ideas into actions into lifelong habits.
The new 'CISS' that is making it impossible to lose weight ~
Cortisol, Insulin, Sugar & Stress.
The philosophical shift that makes all things possible.
Discover the BEST exercises for YOUR body.

BE prepared to **THINK, FEEL & MOVE** yourself towards a bigger, healthier life.

Your registration includes ALL materials & a lovely vegetarian lunch!
This program is LIMITED to 24 participants.
Please wear comfortable yoga clothing & bring a yoga mat, if possible.

Registration is available;
Online @ www.fosterchiropractic.com 905-898-8098
or
@Simplicity Yoga & Fitness Therapy Studio 905-476-9200

\$149 until Sept 30th, 2012

\$179 Oct 1-13th, 2012

No same day registration

For further information please contact the above locations or
email dr.foster@rogers.com or jenn@simplicityyoga.ca



Jenn Pike, RHN., is a Holistic Nutritionist, Simplicity Yoga & Fitness Therapy Studio Founder, Kick-Ass Pilates Instructor, Blogger, Master Personal Trainer, Mom, Wife and living life to the fullest enthusiast.
www.simplicityyoga.ca · <http://jennpike.wordpress.com>

Dr. Laura Foster, D.C., B.Sc. is a family chiropractor @ Foster Family Chiropractic & Associates. She has been in practice for sixteen years. These foundation principles are central to the way in which she lives her life and mentors her amazing practice members. Dr. Foster is an enthusiastic yogi, ironman triathlete, inspired whole food lover and always in search of her next adventure destination.



Simplicity Yoga & Fitness Therapy Studio, 514 The Queensway South Keswick