



## **WORKSHOPS NOW AVAILABLE!**

DAG along with Niagara Dance & Fitness Studio has incorporated workshops just for you.

Each of our workshops, are designed with you and others in mind.

Karen Maziar H.C.A, P.M.E, C.H, N.L.P Practitioner of Hypnotherapy and Neuro Logistics and Brenda Dykun Director of Niagara Dance & Fitness Studio with her team of professionals in areas of yoga, fitness. Invite you to combine your outer physical core with your inner physical core. The power of your mind can and will create the union of your physical and mental cores. Fortunately, you can improve your wellness, longevity, nutrition, weight, pregnancy by significantly improving your mind with clinical hypnotherapy and the relaxation of yoga and fitness.

Each workshop is designed to be one evening a week for three weeks, our workshops dates are:

### **WEIGHT LOSS**

October 7, 14, 28

November 25, December 2, 9

January 6, 13, 20

### **PRENATAL**

November 4, 11, 18

**CALL NOW LIMITED SPACE AVAILABLE**

**905-327-1439**

[www.niagaradanceandfitnessstudio.com](http://www.niagaradanceandfitnessstudio.com)

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