

Stretch Your Life

Volume 3, Issue 3

July 26, 2005

Hello all,

This Saturday, July 30th, my sister is getting married. I am so looking forward to her outdoor wedding done to a country theme.

I have been very brave and submitted my "Pilates for the Mother to Be" book for publishing. With any luck it will be available by the end of September.



Workshops available this fall (for more info)

<http://www.stretchyourlife.com/Workshops.html>

Balance and Co-ordination in standing and walking

September 25, 2005 from 1 -4 pm



No More Pain in the Neck

Oct. 23, 2005 from 1 - 4pm



Run with the whole body.

October 16, 2005 1 - 4 pm



TMJ

November 20, 2005 from 1 - 4pm



Pre-registration is required.

Call 741-1449 or email

stretchyourlife1@yahoo.ca

Ribcage arms on the ball



For more information check link below.

<http://smedia.vermotion.com/media/9408/resources/Ribcage%20Arms%20on%20the%20Ball.pdf>

Fall Schedule is posted and registration has begun. Call 741-1449 or email stretchyourlife1@yahoo.ca to reserve your spot!

http://www.stretchyourlife.com/Pilates_Class_Schedule.html

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Referral program in progress. 1st draw September 9, 2005.

"Be helpful. When you see a person without a smile give him yours."

--Zig Ziglar

Have a great month,

Karen Toth