

**SUWANNEE RIVER YOGA**

*presents*

# **New Beginnings**

**A FIVE WEEK WORKSHOP**

**REVIEW • REFOCUS • REFRESH**

**Week 1 • Foundation**

**Week 2 • Management Tools**

**Week 3 • Journey of Self Discovery**

**Week 4 • Subconscious Mind**

**Week 5 • Map Your Plan**

*Starts*

**THURSDAY, FEBRUARY 28, 2008**

**6:00 P.M. – 7:30 P.M.**

***TIRED of setting New Years' resolutions  
that don't come to pass?***

***Through this interactive workshop series,  
develop new techniques to successfully lead your life!***

**Khrys Kantarze, MA, CHC**

Khrys combines her love of people, gift of teaching, knowledge of the intuitive and subconscious mind with a sense of humor to create unique learning experiences for her clients and audiences. Her background of more than 17 years as a successful healthcare/human resource executive, combined with a Masters Degree in Spiritual Healing and certification in hypnotherapy, give her a unique combination of talents to help you identify and achieve your goals.

**WWW.SUWANNEERIVERYOGA.COM FOR DATES, COST AND DETAILS**