

# Be Your Best

Weekly drop-in classes on living mindfully ~  
with presence, inner wisdom and peace.



These are refreshingly different drop-in classes on looking inward to know the life you want to live. Recommended for those wanting to live life more deliberately, and those who wish to reduce stress and its symptoms such as insomnia, back pain and reduced immunity. Each class includes a theme for discussion and observation over the coming week. Plus a guided meditation to develop focus and a sense of peace.

**Four-tiered pricing system:** First class free, \$18 drop-in, \$140 for ten classes, or \$260 unlimited until the end of May.

**Wednesdays, 4:00 pm – 5:00 pm at The Yoga Lounge, Canmore**

**Starting date:** November 4, 2015.

**Contact:** 403.609.0824   martha@feelyourbest.info   www.feelyourbest.info

**Martha McCallum,**  
BSc, MEdes, certified  
Hakomi mind/body  
psychotherapist and  
yoga teacher, has focused  
her work on solutions to  
stress since 1998.



**HOLISTIC HEALTH**  
CONSULTATIONS & WORKSHOPS