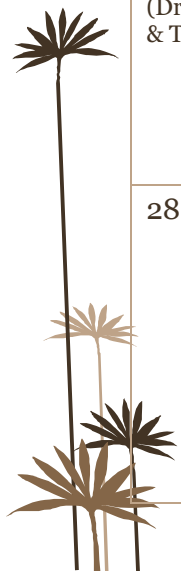
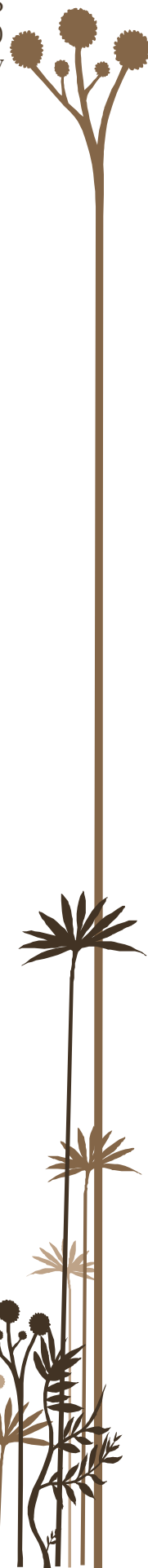


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 6:00pm Vinyasa Yoga (Stephanie)	2 7:30am Vitality Stick Workout (Rico)	3 7:30am Hatha Yoga (Terri) 6:00pm Beginners Yoga (Rico) 7:00pm BBNBO*	4 3-5pm Study Meet-up 6:30pm Mommy Makeover!	5	6 10:30am Family Fun Yoga (Terri)
7	8 6:00pm Vinyasa Yoga (Stephanie)	9 7:30am Vitality Stick Workout (Rico)	10 7:30am Hatha Yoga (Terri) 6:00pm Beginners Yoga (Rico) 7:00pm BBNBO*	11 3-5pm Study Meet-up	12	13 9:30am Vitality Stick Workout* (Rico)
14	15 6:00pm Vinyasa Yoga (Stephanie)	16 7:30am Vitality Stick Workout (Rico)	17 6:00pm Beginners Yoga (Rico) 7:00pm BBNBO*	18 3-5pm Study Meet-up	19	20 9:30am Vitality Stick Workout* (Rico)
21 6:00pm Real Estate Workshop! (Dr. James & Tina)	22 6:00pm Vinyasa Yoga (Stephanie)	23 7:30am Vitality Stick Workout (Rico)	24 7:30am Hatha Yoga (Terri) 6:00pm Beginners Yoga (Rico) 7:00pm BBNBO*	25 3-5pm Study Meet-up	26	27 9:30am Vitality Stick Workout* (Rico)
28	29 MEMORIAL DAY!	30 7:30am Vitality Stick Workout (Rico)	31 7:30am Hatha Yoga (Terri) 6:00pm Real Estate Workshop! (Dr. James & Tina)			

*ALL CLASSES ARE FREE UNLESS OTHERWISE STATED



M BEAUTY LIFE CENTER ~ CLASS DESCRIPTIONS

❖ ACADEMIC / LIFE COACHING:

Yale & Stanford educated Dr. James offers coaching that is dedicated to academic and/or life success and personal all-round development. (Dr. James)

- STUDY MEET-UP: Providing a safe space for students to learn together, with the assistance of Dr. James. Here there are “No wrong answers”! All Ages Welcome! Private tutoring with Dr. James available for additional fee.

❖ BE BOLD NEVER BE OLD (BBNBO*):

Participants will develop their personal Ageless Living Lifestyle. mind/body spiritual wellness system of proven strategies for avoiding disease, old age and living a healthy, fit, energetic, vital long life. Registration is at: BeBoldNeverBeOld.com. (Rico)

❖ HATHA YOGA:

(All levels) The class will consist of a series of classical Hatha yoga postures that will be performed slowly and to each student’s capability. Emphasis will be placed on relaxing and listening to one’s own body. The goal of the class will be increased flexibility and body strengthening along with mind, body and spirit integration promoting better health and reducing stress. This is a multi-level Hatha based class that is suitable for beginners to experienced practitioners. (Terri)

❖ FAMILY YOGA:

Terri’s main focus for teaching yoga4youth is having fun! These classes create opportunities for older kids to develop motor planning, social skills, self-regulation, body awareness, mental focus, and patience. Terri uses mindfulness activities to tame the “monkey mind”. The kids will have fun with each other by doing partner poses, taking turns, and learning to challenge their physical strength. She will teach tools for the classroom that students can use in stressful situations, taking tests and making friends. (Terri)

❖ MOMMY MAKEOVER:

Mommy Makeover Inside & Out! Women’s Intimate Health Rejuvenation, VConfidence, VTime Machine, ALMI Hair Restoration & Fat Transfer, Tensage Stem Cell Skin Care!

❖ REAL ESTATE WORKSHOP:

"Create Income in Real Estate" Complete renovation of uninhabitable properties that can be purchased at discount and realize immediate appreciation upon completion of renovation. Create income flow and equity with 4 unit residential homes. Flip or Flop - know basic and financing options (Dr. James & Tina)

❖ VINYASA YOGA:

This gently flowing style of yoga creates strength and flexibility, whilst using the breath to calm the nervous system. As you move through the sequences, you will explore the connections between mind, body and breath; open the heart; unblock tensions; and create and maintain balance. All levels welcome! There is an emphasis on precise alignment to allow beginning students to enjoy the practice whilst honoring their limitations. Options and alternatives are given for more advanced practitioners. (Stephanie)

- ❖ VITALITY STICK WORKOUT: Anyone, any age, *at any fitness level (even seniors!)* can achieve great results. People who love variety ~ Vitality Stick Workout includes a whole body workout incorporating stretching, strength training, cardio & aerobics. (Rico Caveglia)

