

CORE RE-FORM

4-Week WORKSHOP

(Begins Thurs. 1/26)

*Work Your Core The Right Way:
From The Inside Out!*

w/ Heidi Moon

4-Class Series

Thurs. 11-11:50a

1/26, 2/2, 2/9, 2/16

\$80 / or \$25/class (drop-ins welcome)



This series is a 4-wk prescription for re-forming your core! Are you experiencing back pain? Wondering why you just can't get flat abs or a smaller waist from your current workout? This workshop is for you. Whether you had a baby (or two or three) and cannot lose the post-baby pooch, or are a guy or gal who never had a baby but are longing for lean, flat abs - there is a solution.

Come learn the technique that has helped thousands restructure their core muscles from the inside out. You will witness real results of a smaller waist, reduced diastasis recti and an overall improvement in core strength and posture. A full body functional workout is included to ensure you integrate the new techniques into daily activities and your regular workout routines.

Participants will learn a 15-20 minute daily home exercise program and receive the Core Re-form Exercise Guide and dynaband (a \$19 value).

Pregnant women and moms w/ non-mobile babies are welcome to attend.

Heidi Moon is the President and Founder of spabébé, a healthy lifestyle destination for pregnant women and new moms. She has over 15 years experience in the fitness and wellness industries, as a prenatal/postpartum fitness trainer, group fitness instructor, spa director, industry expert and wellness center owner. She has an MBA from Columbia Business School and a BA in Economics from St. Olaf College. Heidi is a frequent speaker and panelist at fitness and spa industry conferences. For more - www.spa-bebe.co

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Register by filling out this form (please print) or email info@ldyoga.com with registration details.

Name: _____ Email: _____

Address: _____ City, State, Zip _____ Phone: _____

4-wk Core Re-form w/ Heidi Moon; Cost: \$80 _____

FORM OF PAYMENT: CASH CREDIT CARD CHECK (payable to Laughing Dog Yoga)

Credit Card #(Visa, Mastercard) _____ Exp. Date _____ CVV _____

**MAIL TO: Laughing Dog Yoga, 159 Linden St., 2nd flr, Wellesley, MA 02482
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