

The BUZZ!

Testimonials from past participants...

"Lisa is a magnet. Her knowledge & entertaining way of delivery is captivating and fun! I was expected to be turned off by restrictions & rules but instead have been inspired & empowered!" M.F.- Chicago, IL

"Lisa is an engaging, energetic, informative instructor who makes feeling great easy and fun! She is genuinely interested in sharing her secrets and making you feel better. I saw a significant difference in two days!" O. Y.- Chicago, IL

"Loved the different levels for designing my own program and being able to apply info at own pace with no guilt, no pressure, no failure...I can't say enough about this class & what a positive experience this has been and Lisa has soooooo much information!" F.S.- Chicago, IL

"Loved the whole thing, "the good, better, best program" was a great way to keep my options open while suggestions were made for lifestyle changes." S.A.-Palos Heights,IL

"This class was the highlight of my week.... Lisa's program's have helped me to stay on my healthy path. Her program is truly amazing & she gives 1000%" P.C.-Chicago, IL

"The class was full of great information that can be easily incorporated into your lifestyle at the level you choose.. the best part is you can design the program and add what you need."L.T-Desplaines, IL

"I learned things about nutrition and food I never knew. Lisa's "good, better, best approach" gives me the freedom and flexibility to adopt and improve where I can." M.F.-Chicago, IL

"When I taste the drinks, dips, salads and soups I learned in Lisa's class, I feel like I've landed in the Garden of Eden! So this is what REAL food is supposed to taste like! The flavors are so tantalizing, the recipes so easy that you'll wonder how it is that you never learned to prepare food and eat like this before. I've tried so many ways of "healthy" eating and, finally, I feel so satisfied, so able to feel the energy in the food in me so quickly. In just a few short weeks, my eyes are brighter, my skin clearer and miracle of miracle! old, long-term injuries are healing. I was always suspicious of testimonials like this one (while I secretly wanted to be one of those people who could actually say something made a difference) but now I'm telling everyone about Lisa's classes and products. She is a one-of-a-kind source for lasting lifestyle change!"-S.O.-Chicago,IL



Create Your Ultimate Beauty, Body & Bliss with the LifeSTYLE events

Join us for an INDIVIDUAL EVENT or the WHOLE SERIES

A step-by-step approach to maximize beautification & rejuvenation

ALL events will be held on Sunday evenings from 7:00pm-9:30pm

OCTOBER 19th 2008- SUPERFOODS FOR LIFE...instantly impact your energy, mood & beauty

The most powerful information that can be applied immediately to supercharge your life. Learn the hows and whys of true superfoods, where they come from, how to choose the right ones for you and how they can instantly make a difference in upscaling your health & vitality plus easy, basic recipes to add into lifestyle

OCTOBER 26th 2008 -GET THE GLOW-Eating for beauty basics.. easy, simple & basic recipes

ADDED by request, kick-off your inner beauty regimen right....Learn the basics to enhance your lifestyle...a full class dedicated to the kitchen prep! The beauty bar goes to town with showcasing in full demonstration: 1 salad, 1 dressing, 1 snack, 1 drink and 1 meal on the go! Fun and fabulous!

NOVEMBER 2nd 2008-REBOOT YOUR DIGESTIVE FIRE-regenerate the true power of digestion

Flatter stomach, less bloating and gas, decreased hunger? too good to be true? Learn a strategic system that works with your body rather than against it and the whys and hows of mastering your metabolism and creating great digestion all the time

NOVEMBER 9th 2008 -PURIFY AND DETOX- strategies that place emphasis on comfort and ease

Tired of cleansing symptoms and reactions that put the body in distress? Learn simple strategies that that can be done all the time that assist with the body's naturally cleansing systems and place the body back into balance

NOVEMBER 16th 2008- FIRE UP YOUR FLOW-lymph, adrenal, hormonal enhancements

Chronic fatigue, hormonal imbalance, insomnia, adrenal exhaustion, mood disorders? These common symptoms all have to do with the least talked about systems. Learn the foods and strategies to rev up your lymph, adrenals and hormones. Continual information for going beyond and upgrading your health even further.

Discover the Secrets of Beauty at its Finest... For those Desiring to Look and Feel the Best Ever Always...

Experience the ULTIMATE in:

enhanced charisma & magnetism~~~super vitality & energy~~~ecstatic bliss & mood~~~ inner & outer beauty~~~pure radiance ~~~ageless glow~~~ a timeless attitude

Pricing:

For Individual Event-\$45 each if registered and paid in advance*, or \$50 at door
For Whole Series- BEST PRICING IF REGISTERED & PAID in ADVANCE*-\$199

includes all 5 events- a low price of appr. \$39.00 an event, or \$250 at door

Each event can be attended separately-if registering for an individual event,

please specify the date and topic of the event you wish to attend to ensure proper registration

* Must register 2 days prior to start date of event**A La Carte program- design your own system

*** Dependent on individuals choices, additional costs may be incurred

Includes: 2.5 hour events for education with instruction, info & support, Protocol with manual & recipes, 3-tiered program that you integrate and incorporate into your lifestyle, Food demos at each event & tastings,

YogaNow GoldCoast(Lasalle/Chicago)

742 North Lasalle -Suite 200

To register- call 312-280-9642 or visit www.yoganowchicago.com

Free parking lot behind YogaNow on Sundays only(off of Chicago Ave)