

New year, New you, New goals

I am super excited for the fresh energy of the New Year!

And I am looking forward to supporting you in your New Year goals.



Wow the holidays were a whirlwind! And like every year it seems they come and go by in the blink of an eye.

I wonder if you are used to pushing through the holidays and coming out the other side exhausted? Then sometime around New Year's Eve you come up with a list of resolutions and things you'll change for next year. About 2 weeks into the New Year, you are back to your old ways and wondering why you can't change.

What would it look like, to do it differently?

- Instead of pushing - *pausing*.
- Instead of giving - *receiving*.
- Instead of controlling - *surrendering*.

I can help you find more vibrant health even if you've tried without success before. Because I take a holistic approach that integrates nutrition and psychology and looks at all of who you are body, mind, heart and soul.

Come join me for an inspiring and informative time together

8 week break-through group program

Transcend Toxic dieting and strategies that don't work



Wednesday evenings 6-8pm

Start Feb 4th - Finish April 8th

*No sessions during spring break
(March 11 & 18)

Early bird savings if you **sign up**
before Jan 28th only \$420.

After the 28th - \$497.

This will be a small intimate group space is limited to only 6 participants

Start your journey towards more vibrant health and call to reserve your spot today:

Phone: 250-8782276

Yoga & Mind-Body Nutrition- weekend workshop

** Yoga * Eating Psychology * Mind body Nutrition*
An Inspiring and informative time together



Saturday February 15th

10 am – 1pm

Marlene's home yoga studio

21-971 Monashee Place

Investment: \$35 per person

* Healthy Organic refreshments included

Phone: 250-8782276 or

250-575-5082

to reserve your spot.

Program:

We will start the morning with a gentle yoga practice.

Followed by some nourishing wisdom from eating psychology and mind body nutrition that will leave you inspired in a whole new way.

You will gain valuable tools and techniques that you will be able to use right away to live a more vibrant and healthy life.

This Workshop Is For Anyone Who Eats:

- * Are you tired of being stuck?*
- * Bored with the same old strategies that don't work?*
- * Tired of beating yourself up?*
- * Are you ready for change?*

Learn:

- * Simple strategies for natural appetite regulation*

- * *Hidden contributors to weight gain*
- * *How to regulate your mood with nourishing food*
- * *Mind-body nutritional techniques that fuel digestion*
- * *The best tools for working with emotional eating and more.....*

*I am excited to introduce **Marlene Weller** who will graciously be hosting the **Yoga & Mind Body – Nutrition Weekend Workshop on February 15th**, in her home yoga studio and teaching the yoga portion of the workshop.*

***Marlene** has a strong and devoted daily Ashtanga practice and background . She has completed her 200hr Certified Yoga Alliance training with highly regarded teacher trainers Nicki Doane and Eddie Modestini of Maya Yoga, HI.*

Marlene has also done many hours of workshops with a variety of teachers such as Mary & Richard Freeman, Ryan C. Leir, Dustin Fruson, Desiree Rumbaugh and John & Debbie McDougall.

Yoga found Marlene 12 years ago. “It made sense to everything I felt in my body, mind and heart!” Marlene’s integral approach to optimal alignment and safety keeps her style of teaching appropriate for all levels. “My intention is to educate students! To show them that yoga is for every body. Optimal alignment for optimal health!”

Her teachings are sincere, kind, compassionate and encouraging. “For me, teaching yoga is about connection; connection with myself, me with my students, and my students with themselves”. When Marlene is not practising on her mat or teaching yoga, you can find her out for a long run, hiking around the Okanagan or perhaps managing a fun loving daycare for children!! Marlene takes her teachings and lessons into all aspects of her life. After all, yoga is a lifestyle!

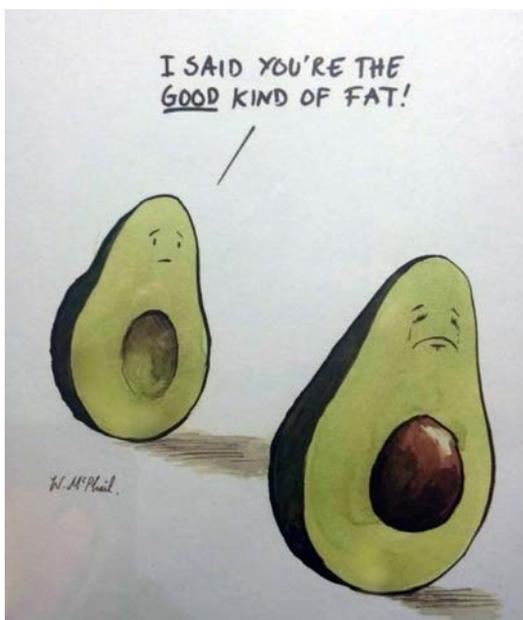
Jess’s Nourishing Wisdom

Is fat good for you?

No one would blame you if you admitted to being confused about whether fat is good, bad or both. Conflicting information leaves us wondering whether we should avoid fat or embrace it.

In reality, it's both.

The fats in the typical North American diet, like trans-fat, hydrogenated oils, saturated fats and some tropical oils can lead to an imbalance, chronic inflammation and disease, and should be avoided.



*But olive, nut, grain and seed oils, unprocessed vegetable oils and non-hydrogenated oils—as well as these new options—are full of good-for-you fats that we should eat **every day**.*

- *Avocado*
- *Coconut*
- *Macadamia*
- *Chia*
- *Grape seed*

Please feel free to forward this to anyone you feel would be interested. Wishing you vibrant health,

Jessica

P.S. If you haven't checked out my new website please do and tell me what you think.

xo

www.jessicahughes.ca

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