Feeling stressed? Sick? Tired?
Emotionally and spiritually disconnected?

Join other local women to explore

"The Way of the Happy Woman"

FREE 5 WEEK WELLNESS PROGRAM

Learn to "live from the inside out" in harmony with the natural rhythms of our bodies and the seasons.
Develop your practices in yoga, meditation, healthy eating, and journaling.

Our guide will be *The Way of the Happy Woman*
by Sara Avant Stover

Any questions? Contact:
heatherdobbert@gmail.com;
860-819-1528
ginny@firstchurchgranby.org;
860-653-4537

Alternate Fridays 6:30-8pm

1/27	Ayurveda Eating @ First Church
1/28	OPTIONAL Kripalu R&R Day ($120)
	Pre-register 866-200-5203
	car pool leaves church at 5am
2/10	Massage Therapy
2/24	Yin Yang Yoga
3/10	Life Transition Workshop
3/24	Wrap up and look toward Spring!

Bring copy of book & yoga mat!

Make 2017 your best year yet!
ALL are welcome!

First Congregational Church *of* Granby

219 North Granby Road • Granby, CT
860-653-4537 • www.firstchurchgranby.org