



Hypno- YOGA Therapy

Learn meditation and concentration while taking a fun yoga class. I combine therapeutic and effective techniques that evolve thinking with yoga and exercise. The class is 60 minutes, held in Westford, and works the body and mind. If you are struggling with life changes, parenting challenges, weight management, depression, anxiety or just being HUMAN: This is the class for you!

DID I MENTION GREAT MUSIC!

**6 WEEKS
\$60**

\$13.00 PER CLASS

**CLASSES BEGIN
JANUARY 18, 2012
and will be held on
WEDNESDAY and
THURSDAY EVENINGS**

at

**The Hampton Inn
9 Nixon Road, Westford, MA**

CALL FOR DETAILS

978-692-6900

www.sallysacks.com