



PRESENTS

Conscious Eating

**A Yoga-based weekend designed to develop
a positive and balanced relationship
with food and your body (no yoga experience required)**

In this workshop you will:

- Discover the parallels between developing a yoga practice and a healthy eating practice
- Heal the restrictive diet mentality and restore a natural relationship with food and your body
- Connect with your body wisdom and learn to release weight gracefully and intelligently
- Leave with effective skills for maintaining conscious eating in your daily life

After all ... *"If you don't take care of your body, where are you going to live?"* — Unknown

Workshop leaders

Peggy Kincaid is licensed in California as a marriage and family therapist with over 25 years of experience as a psychotherapist. She is trained in traditional and transpersonal psychotherapy and specializes in helping people with their relationship to food. She is the founder of the Conscious Eating for Weight Loss Program. Along with her background in psychology, Peggy teaches Tibetan Yoga, and has a Master Certification in Intuition Medicine® from the Academy of Intuition Medicine in Sausalito, California. Peggy speaks the languages of energy, psychology and spirituality. She is known for her calm presence, clarity and sense of humor. For more information contact Peggy at www.PeggyKincaid.com

Jodi Petlin, founder of Shanti Yoga Studio in Whitefish, Montana, began practicing yoga in 1994 to bring balance to her high-pressure corporate life as a senior executive of a large record company in NYC. Discovering the profound health-enhancing benefits of yoga, Jodi was inspired to bring greater vitality, harmony and well-being into the lives of others. She earned her Masters Degree in Spiritual Psychology, became a certified career and life coach and completed her yoga training at Yoga Works. Jodi started improvised movement and meditation workshops in Los Angeles and founded On-Site Yoga to bring the principles and practice of yoga into corporations. She leads national and international yoga retreats and workshops and co-created and led the first 200 hour (Yoga Alliance registered) yoga teacher training program in Whitefish, Montana.

Dates & Times

Friday, June 7

5 – 8 pm

Saturday, June 8

10 am – 5 pm
(lunch provided)

Sunday, June 9

10 am – 3 pm
(lunch provided)

Location

Shanti Yoga Studio

(Second Floor)
235 Central Avenue
Whitefish, MT 59937

Fee

\$375 by 5/18/13

\$425 after 5/18/13

Special thanks

to Barry S. and Lucy T.
for their inspiration.

To register or for information

contact Jodi Petlin at
406.250.1363 or
jodipetlin@gmail.com

Space is limited — register early!

Cancellation Policy: Payments
are refundable through May 31, 2013.
After May 31, 2013 payments are non-
refundable and non-transferrable.