



**40 days to**

# **PERSONAL REVOLUTION**

A ground-breaking program that transforms lives. Learn the art of spiritual living in modern times, transform your body, open your heart and take control of your mind!

Join a group of committed practioners and take a step closer to freeing your true self. Strip away years of conditioning by bringing more presence into your everyday life. Experience a physical transformation to a healthier radiant body and peace-full mind. Don't wait - Commit to personal growth today and take on the challenge to revolutionise your life!

- 6 power yoga practices a week
- Daily meditations
- Community discussions
- Power Nutrition
- & a whole lot more...

"The program gave me great inspiration and courage to transform my life. It was the best thing I have ever done for myself and my family"

**Next Group Starts**

