

MOVEMENT FOR REJUVENATION

with Lisa Haupert & Shelli Stanback

9:30am - 10:30am Thursdays, Starts Sept 12, 2013



Movement for Rejuvenation

Fitness doesn't have to stop with an injury or other physical issues. This 10 class program takes place in a chair so you can keep moving your body, stay in shape, feel better, restore, and rejuvenate all to the beat of music and fun.

All levels and abilities invited.



Lisa Haupert has a MA in nursing and has been featured on *Huffington Post Live* and in *Better Homes and Gardens*. She is a change agent with a sense of humor and helps people achieve their dreams and desires of living a flourishing and health filled life. She coaches people from around the world to move beyond their current physical and mindset limitations. She is a certified Wellness Coach through WellCoaches, has taught singing at

the *Paul McCartney University* in Liverpool and has lost 110 pounds since turning 50 by embodying the tools she shares with her clients. Lisa is a certified *Ageless Grace* Educator.



Shelli has a BA degree in Integrative Movement and a three year Art of Healing Professional Training. She holds certifications in a variety of Holistic Health Modalities including a Black Belt in Nia.

Over the years she has brought Body-Mind Centered classes, playshops, and private sessions to individuals and groups. She has been a guest instructor for many events such as: *Time for Our Power* women's conference, *Manifesting Your Dreams Learn-shop* intensives, *Women's Health Conference*, *Girls for Girls*, and *Mother Grove Concert*. Shelli is a certified *Ageless Grace* Educator.

10 Wk Program: Sept 12 - Nov 14 • \$100

(Includes Tranquility Nature Trail access and a \$25 off coupon towards 1 Wellness Treatment)

**Pre-registration required • Program space is limited • Drop-ins available, must be prearranged
Call for space availability • To register or for more information:**



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