



## MindBody TuneUp

Stretch, strengthen and tone your body;  
discover how to breathe more deeply;  
relax your mind; re-charge completely.

Join fitness expert, Jan Dacri, for  
a MindBody TuneUp session  
and learn routines you will  
use forever.

Illustrated workbook included.

Simply follow-along with Jan in class and discover  
an easy and highly effective way to:

- reduce stress
- increase strength & stamina
- regain spine, joint, and muscle flexibility
- become more balanced and calm
- expand lung and breathing capacity
- enhance circulation, normalize blood pressure,  
improve heart condition
- reduce the risk of sports injury
- counteract the debilitating effects of a sedentary lifestyle,  
overeating, smoking and/or drinking





## MindBody TuneUp



A  
Feel Good  
Class for  
Every  
Body



Have an invigorating Stretch, Strengthen, Balance and Breathe! A "MindBody TuneUp" is a great way to start the day, or re-charge the batteries in the afternoon!

Let Jan's soothing voice and clear, articulate instruction guide you safely and effectively through a series of stretching and balancing positions that relax your nerves and strengthen your muscles. Your breathing capacity will increase and your circulation will improve. Regardless of your age or current physical condition, this class is for you. You'll become more flexible no matter how "stiff" you may be; aches, pains and tension will disappear. Workout buffs, learn innovative stretching routines to warm up and warm down.

Join the morning or afternoon group sessions during the conference (times / locations . . .) Take your mind off of ordinary thoughts, responsibilities, stressful business and world events for a brief time. After one hour with Jan, you'll find yourself feeling completely relaxed, recharged, rejuvenated and refreshed. Come to one, or every session. Learn how to do MindBody TuneUps on your own.