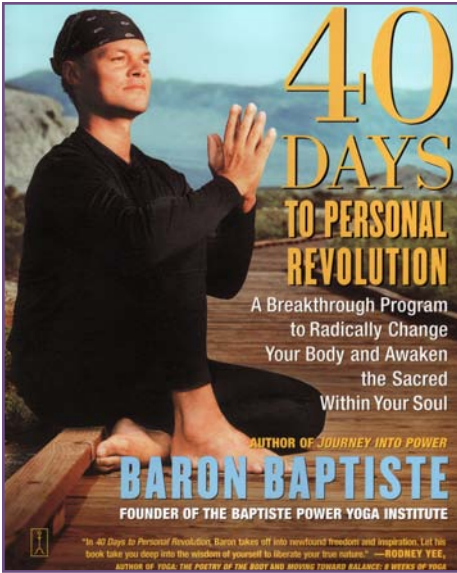


# 40 DAYS TO PERSONAL REVOLUTION

Begins January 28, 2009



## YOGA AND MORE....

### A Collaborative Project with

All That Matters • Wakefield

allthatmatters.com 401-782-2126

Innerlight Center for Yoga and Meditation • Middletown

innerlightyoga.com 401-849-3200

Salt Pond Yoga • Charlestown

saltpondyoga.com 401-322-5062

Tenth Gate Center for Yoga and Meditation • Portsmouth

tenthgateyogacenter.com 401-683-9642



**Salt Pond Yoga**

Baptiste Power Vinyasa Yoga



**Find Out More**

**Free Intro Talk  
Q&A Session**

Monday, Jan. 19  
7:00 p.m. at Tenth Gate

Wednesday, Jan. 21  
6:00 p.m. at All That Matters

Friday, Jan. 23  
12 p.m. at Innerlight

This program, based on Baron Baptiste's book  
**"40 DAYS TO PERSONAL REVOLUTION"**  
has had great success nation-wide,  
especially when supported by a studio.

**A dynamic life changing 40 day program.**

**Yoga Six Days a Week  
Healthy Diet  
Daily Meditation  
Weekly Support Meetings**

**\$300.00 includes unlimited yoga each week  
at the four participating studios.**

**For further information  
call any of the participating studios  
or visit their websites.**

**ARE YOU READY FOR A REVOLUTION?**