

Healthy, Permanent and Pleasurable Weight Loss Class at Seaside Yoga Sanctuary!
Are you tired of worrying about your weight? Are you ready to give up dieting forever?
Are you open to getting over being hard on yourself and your body?
Then this is the class for you! Move beyond weight worry in 2012!



I initially took Lily's class for weight loss and to my surprise, it has given me so much more. I am truly more patient and loving with myself, which is why the weight is finally coming off!" -GS Pacific Grove

"This class is amazing in so many ways. It's so comforting to finally KNOW that there is a way to have a healthy relationship with food." ST Salinas

"Through Lily's wise and compassionate coaching, I am thrilled to say I have reached my natural weight, without dieting or denying myself my favorite foods. I cannot recommend the class with greater enthusiasm." KH Pacific Grove

"I cannot say enough about how grateful I am for Lily and her coaching classes. I'm now in month three and feeling like some profound shifts have taken shape in my relationship to food." KH Carmel

Join Lily Hills, talk show cohost, healthy weight coach, and the award-winning author of:



The Body Love Manual

How to Love the Body You Have As You Create the Body You Want

Learn the Healthy "Weigh" to Lose Weight Today So That You Can Be Free for the Rest of Your Life!

Learn How to:

- * Lose weight, pleasurably and permanently, without dieting
- * Eat foods you love and still reach your ideal weight
- * Move beyond toxic behaviors that keep you tethered to dissatisfaction and stress in your daily life
- * Stop being so hard on yourself and your body
- * Find alternatives to food to handle stress
- * Create a life you are passionate about on all levels!

What: The Mental Game of Weight Loss Class

When: January 14th, 2012

Time: 1:00-3:00 pm

Where: Seaside Yoga Sanctuary!

Call: Call for more information

Phone: 831-622-9864

www.TheBodyLoveManual.com

*The Body Love Manual was the Winner of USA Book NewsNational Best Book Award in Health Diet and Weight Loss!

