



***Too much work?
Not enough fun?***

If that describes you it's time to start being good, to your life that is! You deserve better. Get on balance.

Be Good to Your Life can help you move forward and get on balance with the non-negotiables of life. What elements are you not willing to settle or compromise on anymore?

Be Good to Your Life includes:

- 1 individual coaching session/month
- 2 group coaching sessions/month
- \$75/month
- \$200 for 3 months (\$25 savings)

Group sessions offer a chance to hear how others are doing, get good ideas, keep momentum on your goals and have reinforcement that you aren't alone in believing that your life can be more than it is right now.

In your individual sessions you can focus on your personal needs and work through things that may be private or need more time than group sessions allow.

Register online by visiting amillerbarton.com or via email to Constance Piwtorak at yogawithconstance@gmail.com or Angela Miller Barton at amillerbarton@gmail.com