



**Meet our Newest Fit Behavior Staff  
Instructor: Lisa Eberhardt – 200 YT  
Friday Yoga - Demo Class and Ongoing**

Lisa Eberhardt is a certified Kripalu Yoga instructor who has been teaching in the greater Hartford area for over 10 years. She has studied several different styles of yoga including Anusara and Forrest and incorporates a blend of those styles in her teaching. Lisa is a compassionate teacher who encourages her students to be present in their bodies and to explore their fullest potential.

Let go of all the stress and demands from your work week with a deeply nourishing yet invigorating yoga experience. Release the tension from your neck, shoulders and upper back with a practice designed to restore your body and mind to its peaceful, natural state of being. Reconnect to the stillness of the present moment and prepare yourself for your weekend.

<b>Cost:</b>	<b>= \$20.00 plus tax</b>
<b>Date</b>	<b>= Friday March 26th on going class April 2nd 12 weeks= \$180 plus tax</b>
<b>Time</b>	<b>= 5:30pm – 6:45pm</b>
<b>Place</b>	<b>= Fit Behavior</b>
<b>To register</b>	<b>= News@fitbehavior.com Or call 860-529-9867</b>

**Registration Deadline= March 15, 2010**