

PERSONAL LEGACY

4 part series

With Jessica



PURE
HOT YOGA

Feb. 20, Mar. 18, Apr. 08, May 06 | Sunday's 2 - 4pm

\$350 (Regular Price) **\$275** (Special price for Pure members)

This program is for people who are ready to lead the way by leading themselves into a new, better, and more fun future and is designed to support you in discovering your personal legacy. Your legacy is a culmination of every moment in your life—the impact and environment you create for yourself and others.

Grow by Design or Grow by Default; YOU CHOOSE.

This series will leave you with a clear vision for your life and an understanding of what you are meant to be up to in your lifetime, along with the short-term and long-term goals and a supportive, loving community that will assist you and hold you accountable to achieving your dreams.

Participants will also learn the ways they habitually go into reaction so they can have greater trust in themselves, the intelligence of their body + knowledgeable ways to restore themselves. We will help you to discover and easily release what has been holding you back to ensure you fulfil your vision.

Purehotyoga.ca

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