

# Free Kettlebell & Yoga Classes!

## Kettlebell Classes - Do you want to Get Fit Fast?

Kettlebells are Highly Effective for Burning Fat and Building Strong Lean Muscle while being Easy on the Joints. Get fit fast with this amazing workout!

Beginner participants will learn the proper form, techniques and breathing to master the Swing, Turkish Get Up, Windmill, Clean and the Snatch while getting a workout at the same time!

Experienced participants will apply the foundational exercises they've learned in a fun and highly effective workout!

## Yoga Classes - Heals, nourishes, and challenges.

**Hatha Yoga:** Aims to heal, nourish, challenge, and undo tension in the body using the natural principles of gravity and breath. The practice is both gentle and strong and it allows us to move toward the classical postures (asana) with ease and grace. Students are encouraged to go at their own pace and modifications will be given as appropriate.

The series of yoga poses called asanas work by safely stretching and strengthening your muscles. This releases the lactic acid that builds up with muscle use and causes stiffness, tension, pain, and fatigue. Over time, the results are a strong, flexible back, a steady, smooth breath and a calmly focused mind.



Lori Passmore – Empowered Living  
AKC, RKC II & WKC Certified Kettlebell Instructor  
AFLCA Certified Resistance & Group Exercise Trainer  
Yoga Alliance Certified Hatha Yoga Teacher

I am grateful for the opportunity to teach and share my passion with you.

Mission Statement: To inspire, motivate and encourage others to awaken to the unlimited potential of their authentic self.

I am passionate about helping others reach their full potential, physically, mentally, and spiritually. Let me help you find the nature of your true self.

**Class Schedule is on the back.**

To register and secure your spot please email [lori@loripassmore.com](mailto:lori@loripassmore.com), phone 780-913-4343 or go to:

[www.loripassmore.com](http://www.loripassmore.com)

# Highlands Schedule

United Church Lower Level - 11305 64 Street

## Free Classes

February 17 & 18, 2012

<i>Friday - February 17, 2012</i>	<i>Saturday - February 18, 2012</i>
<i>6:00pm - 7:00pm Kettlebells</i>	<i>9:30am - 10:30am Hatha Yoga</i>
<i>7:30pm - 8:30pm Kettlebells</i>	<i>11:00am - 12:00pm Kettlebells</i>

## Registered 7 Week Session

Begins March 5, 2012

Mar 5 M/W/F	600 – 700 am	Kettlebell	\$315.00
Mar 6 T/T	600 – 700 am	Kettlebell	\$220.50
Mar 6 T/T	415 – 515 pm	Kettlebell	\$220.50
Mar 6 T/T	530 – 630 pm	Kettlebell	\$220.50
Mar 6 T/T	645 – 745 pm	Kettlebell	\$220.50
Mar 6 T/T	800 – 900 pm	Kettlebell	\$220.50
Mar 7 Wed	530 – 630 pm	Kettlebell	\$110.25
Mar 7 Wed	645 – 745 pm	Kettlebell	\$110.25
(\$15.00 + GST per class) * No Class Friday, April 6			
Mar 5 Mon	930 - 1100 am	Hatha Yoga	\$95.55
Mar 7 Wed	800 – 930 pm	Hatha Yoga	\$95.55
(13.00 + GST Per Class Registered or \$15.00+ GST Per Class Drop In)			

### Here's what people are saying about the classes:

"I took Lori's 6 week kettlebell class, and noticed a big difference in my body. My core strength improved, I strengthened my lower back and decreased my shoulder pain. As an added bonus, I lost 9 lbs and 3 inches off my mid-section! I recommend kettlebells to everyone and am looking forward to starting up another session with Lori." - *Kristin*

"I'm really enjoying your yoga classes. At the end of each class I have had powerful and enlightening spiritual experience. It's wonderful and I'm looking forward to continuing to practice yoga with you." - *Shauna*

**Phone: 780-913-4343 Email: [lori@loripassmore.com](mailto:lori@loripassmore.com)**

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