



TRANSFORM YOUR LIFE

EAT WELL. BUILD RESILIENCE. FEEL BETTER IN YOUR BODY.

Explore a groundbreaking curriculum that combines the wisdom of mindfulness traditions with insights from modern neuroscience.



EAT MINDFULLY

Explore meditations to help you tap into hunger and fullness signals and manage emotional eating.



EXPLORE YOGA

Discover mindful movement practices that support body awareness, emotional wellbeing, and physical vitality.



BUILD RESILIENCE

Learn cutting-edge tools from neuroscience, psychology, and movement science to help you manage your emotions and generate positive states of mind.

EAT BREATHE THRIVE SEVEN-WEEK SERIES

WHEN: February 26th – April 9th, 2022
Saturdays, 11:30 AM – 1:30 PM EST

WHERE: pranaSTRONG yoga & wellness
1 Merrimack Street, Penacook, NH 03303

COST: \$270 Early Bird | \$330 after February 6th
Scholarships available by application

CONTACT: rebecca@pranastrong.com

Apply now to join us! → WWW.EATBREATHETHRIVE.ORG/JOIN-US



MEET YOUR GROUP FACILITATOR:



Rebecca Stephens
YOGA INSTRUCTOR