

# Coaching Connections & Iron Crow Yoga Studio

Presents

## *Time for a LIFE TUNE UP?*



OVERWHELMED? (Yikes! Help! How do I do all this?)  
UNDERWHELMED? (ho-hum, zzzzzzzz, Is that all there is?)  
WOULD YOU LIKE MORE BALANCE IN YOUR LIFE?

**Join Life Coaches Tracy Mindess & Anne Jolles  
for an evening of  
Inspiration, Discovery & Fun!**

**Date:** Wednesday, May 17, 2006

**Time:** 6:30 – 9:15

**Place:** Iron Crow Yoga Studio, 205 Willow St., S. Hamilton, MA [www.ironcrowyoga.com](http://www.ironcrowyoga.com)

**Registration:** Call 978-887-6807, Register Online at [www.coaching-connections.com](http://www.coaching-connections.com) or  
email: [info@coaching-connections.com](mailto:info@coaching-connections.com)

**Cost:** \$65 payable to Tracy Mindess

*YOU WILL BE SITTING ON BLANKET...Feel free to bring back-rest.*