

# FROM GOOD TO GREAT WORKSHOP

Saturday, Nov. 12th - 10a.m.-Noon  
Peace Lutheran Church\* - Gathering Hall  
3201 Camino Tassajara, Danville 94506

Take a step towards a more centered, balanced  
**YOU**  
by building and increasing personal resilience

Learn inspirational tools to awaken your spirit and move from Good to GREAT...

- yoga - gain strength and flexibility
- acupressure - move toward optimal health
- meditations - more calm, less stress
- nutrition - achieve mindful eating



BJ Jesse  
BA Health Science / Psychology, Certified Yoga Alliance Instructor  
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Kathryn Chess  
BS Natural Health, Wellness Coach, Certified Massage Therapist/Acupressurist  
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**\$35 - space limited**

register today @ [www.kathrynchess.com](http://www.kathrynchess.com) (events/buy now - paypal acct)  
(\$40 day of - check/cash only)

Come in comfortable clothes

\*workshop is not religiously affiliated