

Where: 3 Waters Edge, Brielle, New Jersey*

**I am pleased to host this event at my home where we will have refreshments and ample time and comfort to chat and share experiences and questions. You may arrive at 6:45pm, however we will start promptly with session material at 7:00pm. Please wear comfortable clothing and feel free to bring your Pilates mat if you have one. 😊*

REGISTER TODAY!

Space is limited so please register promptly!

Enrollment for the 6-week course is \$99

CALL STUDIO-Q-PILATES TODAY

(848) 448-3102

www.studio-qpilates.com

studioqpilates@optimum.net

REGISTRATION

Living a Life of Magnificence

NAME _____ COURSE FEE ... \$99 _____

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PHONE () _____ CELL() _____

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PAYMENT METHOD ___ Cash ___ Check* ___ Credit Card: ** MC ___ Visa ___ AE ___

CC info: _____
 Card # 3-digit Security code Expiration

Signature

*Checks made payable to Studio Q Pilates. Completed registration may be mailed to:
Studio Q Pilates P.O. Box 5 Sea Girt, NJ 08750

** Credit Cards must include Name and zip code associated with card holder along with 3 digit security code

Living a Life of Magnificence!



A 6-week journey into creating the body and life we desire☺

COME JOIN US TUESDAYS FROM 7:00-9:00PM
OCTOBER 2ND THRU NOVEMBER 6TH

- **Who Am I? Why Am I Here?**

Our beliefs around these questions set the framework for every choice we make in our lives! Discovering the answers for a life of true meaning and purpose is priceless. Explore these questions from ancient sages, contemporary spiritualists such as Deepak Chopra and Eckhart Tolle and a special focus on “Life and Teaching of the Masters of the Far East”

- **Discover internal wisdom** that is a guiding force within you. Real Truth and life’s answers are revealed when you go within...to the quiet mind beyond the chatter. Your True nature, your True essence is truly Divine
- **Actually experience your true nature** with practical tools such as meditation and Pilates to connect with this creative power within and experience Real peace, joy and love that is ever present, not transient – Magnificent
- **Share your newly discovered magnificence** with those around you so perhaps one day all the world may come to see that...life is truly meant to be magnificent!