



28-Day Online Health and Wellness Course



Begins August 4, 2008, \$150
With Monica Thakrar

Do you want to find out what has been holding you back from achieving the lasting health and wellness goals you have set for yourself? Come join this online group to begin to take steps in improving your health and wellness.

In this 28-Day Course you will journey through the four aspects of yourself – body, emotions, intellect, and spirit to release old habits or patterns that may be an impediment to reaching your greatest health goals. This course allows you to take an honest look at yourself, face fears, release old negative patterns, get motivated, and step boldly and joyfully into your future. You will receive daily exercises to complete online and share your insights and journey with others in an online group.

Monica is a practicing life coach in the Northern Virginia area. She focuses on helping clients “de-clutter” their lives in order to live a joyful and fulfilling life.

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Name: _____ Phone: _____
Address: _____ City: _____ State: _____ Zip: _____
E-mail: _____

Please make your check payable to **Monica Thakrar** and mail your check and registration form to:

9852 Oakdale Woods Ct, Vienna, VA 22181

For more information please call 703-282-3295 or go to www.joyfulsoulcoaching.com.