

Feed Your Heart

Cultivating Self Love as a Path to Weight Release

A Twelve Week “Change Your Life” Program

October 8 - January 14

12 Thursday evening Classes 6:30 pm - 9 pm

Tuition, plus nine hours of personal coaching and all materials

Co-facilitated by Rod Newton, D.C. and France Robinson

Dr. Bonnie Nedrow, Naturopath at Hidden Springs, will be presenting the latest, pertinent medical information.
Chef Jeff will be teaching healthy cooking classes.

\$699 (Can be paid \$249 monthly)

Discover the emotional patterns that are holding you back from great health and vitality.

This program is designed to inspire and empower you. It is full of break-through processes, cutting edge information, and an abundance of loving support. Join us for an adventure into the heart of healing - where all things are possible. Experience a safe place for deep change, creativity, new supportive friends, group synergy, and lots of love. Visualize yourself on January 14, 2010: **It's possible you won't even recognize yourself!**



“The Feed Your Heart program has been life changing for me. After struggling with weight related health issues for decades, I have at long last found the key to self-love, and have begun to fully experience life, health, and joy.”

Feed Your Heart is filled with tools, gifts, and unconditionally loving support that will last a lifetime. I can't recommend it highly enough!”

- Lynn S., Ashland



France Robinson

I was shamed as a child because my tummy was too big. I became a closet eater, gained, lost and regained over 400 pounds on diets, and weighed 211 pounds at age 48 in 2003. I now weigh 139 pounds, which I haven't seen since age 24!

I have discovered that the only truly effective diet is one of self-love!



(541) 488 - 8858

www.hiddenspringswellness.com

Rod Newton, D.C.

I am a chiropractor, trained in guided imagery, mind healing, voice dialogue and shadow work. It's very rewarding to apply these tools to address the underlying causes of weight issues, from the inside out.

Brooks and I created Hidden Springs as a place where healing and this kind of transformation can take place.