

# Create Space and Be Well

A 4-week personalized and small group wellness program



### Private Small Group Yoga

Every other week, 45-60 min yoga and mindfulness class



### Private Small Group Strength Training

Every other week, 45-60 min designed just for you!



### Personalized Health Coaching

Weekly coaching calls; unlimited email/voxeer support

## Find Your Happy Place

Coaching and a supportive community are two of the best ways to move your health in the right direction. Join me for a four week health journey focused on creating spaciousness and wellness in your life! Just in time for Spring Break!

- ◆ Space for 4-10 participants
- ◆ Commitment: 4 weeks of prioritizing your health; Saturdays 2:30-4
- ◆ To learn more, contact Tiffany at [skidmore80@gmail.com](mailto:skidmore80@gmail.com) or 970-308-4118.

1

### MOVEMENT

Exclusive small group yoga or strength training every Saturday

2

### COMMUNITY

Weekly theme kick off after movement sessions; private Facebook group

3

### INDIVIDUAL

Weekly coaching calls with me working on habit building, nutrition, and more