

The Sports Club/LA presents

Own Your Life

a unique program focusing on transforming your life, relationships and health through the powerful experiences of meditation, conscious eating, yoga, and conscious exercise

June 14th & 15th
12:00 – 6:00pm

Led by Alex and Beth Iglecia, the **Own Your Life** program helps you to explore your self (mind, body and relationships) and discover your own wisdom. You will develop your power to:

Identify and choose the exercise and movement most appropriate for your body, your energy, your personality, and your health

Observe your own mind and raise awareness of your thoughts and emotions, creating space in yourself to be at ease, even in difficult moments

Improve your ability to notice and, if needed, change eating habits to create optimal health and energy, reducing disease and discomfort and allowing you to feel your best

Create more loving relationships, and more effective and fulfilling work relationships

Please bring a water bottle, journal, writing instruments, and comfortable clothes

About Alex and Beth Iglecia
Alex and Beth Iglecia develop training, coaching and education to help people develop their strengths, health, and relationships. Using yoga, conscious exercise, meditation and more, their work supports personal shifts towards wholeness. Both are pursuing Masters degrees in Conscious Evolution. Beth is a Holistic Health Counselor with the Institute of Integrative Nutrition

Please contact
Jess Lopez at 617.375.8623 or
jlopez@mp-sportsclub.com to register. Please contact
Alex Iglecia at 781.405.1248 if you have any questions.


THE SPORTS CLUB/LA
4 Avery Street Boston, MA 02111