

# LoeWenBehold

MOVE YOUR *Body* MOVE YOUR *Life*

... a Yoga, Fitness and Pilates Studio.



Sarah Loewen, BBA, MBA  
BCRPA Trainer of Fitness Leaders

**250 733 0763**

sarah@loewenbehold.ca  
www.loewenbehold.ca

2838 Gregory Road, Shawnigan Lake

**Re 'FORM' yourself this fall -  
- literally!**

**PILATES REFORMER classes start September 6**

*Trained in the ASHTANGA & IYENGAR method of Yoga and the STOTT method of Pilates.*

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## **PILATES PARTY**

**Saturday, September 10**

**FREE DEMO CLASSES** Pilates Reformer - 10 am to 2 pm  
Pilates Small Apparatus - 11 am to 3 pm  
Reformer Demonstration - 10:30 am to 2:30 pm

**Q & A Welcome - Pilate On!**

There are only 5 Reformers! Please call or email to save a spot in any of the classes.

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