Hello Hikers!

It's time to get back to nature! Are you ready to open your heart and lift your soul for the Fall? Fall is a season for letting go and releasing things that have been a struggle or a burden and reminds us that our bodies and minds are always developing and gives us all a chance to harmonize with the earth and tap into balance within us.

Let's start the Fall together and feel STRONG, LIBERATED, GROUNDED and MOSTLY EMPOWERED!  Thinking about the fall is a powerful reminder that Mother Nature has an incredible influence on our lives. I have realized that is the best time for self-reflection, awareness and mindfulness.

We start at the bottom of the trail, we all take a deep breath, the deepest one we have taken of the day, and clear out all that emotional clutter, all the resistance and self-limiting beliefs, AND we chose to relax into the BEST version of ourselves. We have a goal to accomplish and that is to reach the top all while meeting some amazing women and being brave in exploration!

Follow Your Trail in 6 Weeks!

I really wanted to build a community, so FYT was born. It is a program that empowers you physically, emotionally and spiritually—ON, as well as OFF the trail. Through each of our journeys, we are able to connect, laugh, cry, inspire and lift each other up. These journeys help us to discover a calming place that we can come as we are. Liberated. Strong. Centered. Empowered. Grounded. I have witnessed this time and time again through this program.

Give yourself permission to protect YOUR own personal time and space! In six weeks we will bond, meditate and connect with each other, all while getting stronger in your body and mind. I am always surprised to hear how many people in our community want to go hiking but don't have anyone to go with, so they don't go. No one should have that problem!

**Your Investment: $\_\_\_\_\_\_\_**

Tuesdays

Date:

Time:

Location:

**Join Tuesday Sessions (BUTTON OR LINK HERE)**

- or -

Thursdays

Date:

Time:

Location:

**Join Thursday Sessions (BUTTON OR LINK HERE)**

*In the event that you cancel after the cut off date and I can replace your reservation with someone off the wait list, I will refund your deposit in full. For more details about the program and other programs that I offer, please* ***click here to visit me online****.*

Payments are due upon agreement via \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. In the event that you cancel after the cut-off date and I can replace your reservation with someone off the wait list, I will refund your deposit in full.

Please email me at ltaitelman@yahoo.com to claim your spot as these groups are a first come, first serve basis and fill up FAST! For more details about the different programs that I offer please visit my website at \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I look forward to learning from all of you as we climb these mountains together. Join us in September as we discover the magic these amazing trails bring for us.

Please feel free to pass along to your friends and share the love!

Happy Trails and Possibilities!

SIGN COACH’S NAME

"In every walk of nature, one receives far more that he seeks"

- John Muir

**Take it from other Happy Hikers!:**

**INSERT TESTIMONIALS IF AVAILABLE**

Join today! Spots are limited!

Tuesdays

Date:

Time:

Location:

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- or -

Thursdays

Date:

Time:

Location:

**Join Thursday Sessions (BUTTON OR LINK HERE)**

“When you know for sure that you’re on course and doing exactly what you’re supposed to be doing, fulfilling your soul’s intention, your heart’s desire… When your life is on course with it’s purpose, you are at your most powerful. And though you may stumble, you will not fall”

-Oprah Winfrey