



Please check:

- For spelling mistakes and missing digits
- That you've included all your vital details (email, URL, etc)
- If your design reaches all the way to the edge of the bleed (explained to the right, if you're not sure)

Don't forget:

The colour will look different on your screen to the final print.

This proof is not a print-ready file. Any images on this preview are high-resolution, but are not our full print resolution. So your final print will look even snazzier than it does already.

What do the symbols mean?

- Bleed** (your design should fill this)
- Trim** (this is where we aim to trim your cards)
- Safe area** (Make sure any important aspects of your design such as text and logos are inside of the safe area, otherwise they may be cut off)

Got a question?

Read through our [Frequently Asked Questions](#) or contact our Customer Service Team at support.moo.com

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"This is not just a hiking program, this is a movement"

FOLLOW YOUR TRAIL

6-Week Hiking Program



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FOLLOW YOUR TRAIL- 6-WEEK HIKING PROGRAM



Follow Your Trail is the transformation of mind, body and soul. Small groups of women (no more than 12) gather for 6 weeks at different hiking locations. The basis of our program is physical exercise (hiking), spiritual awakening (meditation), and emotional connectivity (conversation and sharing) -the evolution from week one to week six is profound. This open forum to share and express themselves in an unconventional setting gives everyone permission to be exactly who they are meant to be. Join us!

CONTACT: Lisa Taitelman/TrailBlazer
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for more info please visit my website:
www.lisataitelman.com