



# Weight-loss + Pilates

## Make Peace with Food and Exercise Forever!

*Transform the way you LOOK, FEEL, and MOVE - from the inside out. Weight is about emotions too: Using Dr. Martha Beck's proven methods (as featured on Oprah), Dr. Deborah Butler, (Martha Beck certified life-coach), and Karen Prechtl team up for a 8-week workshop to put YOU back at the top of your list and free you from diets and deprivation.*



Come try a FREE  
90 minute session  
at the Pilates and Yoga  
Center of St. Louis

(start feeding your spirit,  
not your body!)

Tuesday March 9th  
7:30 - 9:00 p.m.  
(\$180 value)

Call Dr. Deborah Butler (636.346.5014) or  
the Pilates and Yoga Center of St. Louis  
(314.781.5050) for details.