

Serendipity Yoga & Nutrition Center



Karen Haden
Certified Iyengar Yoga Instructor
Certified Nutrition Educator

www.syoganc.com

Contact Karen @ 303-619-1782 or

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Series Classes

Yoga & Nutrition for Weight Loss and Management

Tuesday, 6:00 – 7:30 pm, on the following dates:

- Series I February 7th Protein & Balancing Diet
February 14th Fats & Balancing Diet
February 21st Carbohydrates & Balancing Diet
- Series II March 6th Vitamins & Minerals
March 13th PH Balance
March 20th Food & Supplements to Benefit Health
- Series III April 3rd Stress & Cortisol
April 10th Exercise, Stress & Immunity
April 17th It's a Balancing Act/Review

Cost for each series \$50

Each class will include 40 minutes of yoga practice, 40 minutes of nutritional education and food samplings

*A new approach to weight loss & management.
Gaining knowledge and awareness to build Self Esteem!*

About Karen Haden

Karen is a certified Iyengar Yoga Instructor and has been teaching Iyengar Yoga since 2003. She continues to deepen her practice and knowledge by studying with senior level teachers. She is also a certified Nutritional Educator, earning her certification from the Bauman College. Karen is passionate about teaching and hopes to foster a deep and abiding mind-body awareness as a foundation for self-growth in her students.

Karen Haden
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*"Life & health should
be ever fresh & lively,
like a flowing river"*
B.K.S. Iyengar



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