



What is Mind Your Body?



In our last newsletter, I promised to keep you in the loop about exclusive offers and key collaborators as we evolve SKLPT. This week I'm ready to share with you that I'm partnering with my longtime friend and peer in the Toronto wellness space: Chloë Tudor from For Health's Sake! Moving back home has reminded me of the power of supportive networks and how special it is to find community.

Staying Injury free is so important to reach our wellness goals, which is why I decided to partner with For Health's Sake who was awarded top wellness center in Toronto! They are offering 20% off your first appointment with them. If you're looking for a health clinic with top quality physiotherapists, chiropractors, RMT's naturopaths and more, then I highly recommend you check them out. <https://forhealthssake.ca/>

Mind Your Body

There's more exciting news and as we've worked together before, I wanted you and your close circle to be the first to know about my passion project called **Mind Your Body**, a 12-week integrative group wellness program for women **starting September 25!** The program gathers tools I picked up over 10 years in fitness to confidently guide clients to reclaim and reimagine your physical, mental, and emotional wellbeing; and close some very necessary gaps in the fitness industry in the process!

You can watch the full Mind Your Body trailer, where I explain my inspiration and aspiration for the program, here:

<https://sklptyourlife.com/sklpt-mind-your-body-program/>

On the same page is an exclusive early bird offer for you and/or anyone you think would benefit from this program. Registration's open now! 😊

Together, let us embrace the power of partnerships and journey towards becoming the best, most sustainable versions of ourselves.



Episode 27: Cultivating Self Compassion And Building Shame Resilience with Dr. Jodi Larry



sklptyourlife.com

