

HEALTH, LOVE & YOGA

*An inspiring day with three renowned teachers
exploring body, heart and spirit*

APRIL 14, 2018



ELSON HAAS MD



JOHN GRAY



SHERRI BAPTISTE

ELSON HAAS is the founder-director of the Preventive Medical Center of Marin, a pioneering integrative physician and author of 10 books including *Staying Healthy with the Seasons*

JOHN GRAY is an internationally recognized relationship expert and author of the bestselling *Mars-Venus* books, which have changed the way men and women view their relationships

SHERRI BAPTISTE is at the forefront of yoga and physical culture training in America. She is founder of Baptiste Power Of Yoga™ and author of *Yoga with Weights for Dummies*

Elson, John and Sherri will each offer one morning and one afternoon class:

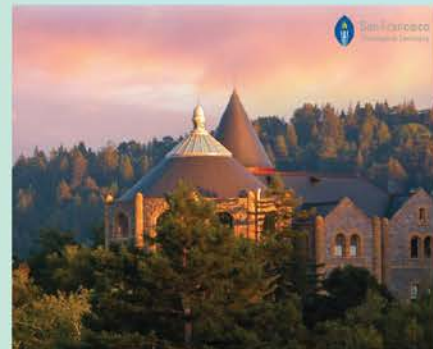
- *learn how to become your own best doctor*
- *how to create healthy, loving relationships*
- *practice meditation and yoga suitable for all levels including beginners*

COST - \$229 includes lunch and snacks
early bird tickets \$199 until March 1st

REGISTER at Eventbrite below

or call the Preventive Medical Center of Marin

415.472.2343



9:00 am - 5:00 pm at the beautiful **SAN FRANCISCO THEOLOGICAL SEMINARY**
105 Seminary Rd, San Anselmo, CA 94960

sign up on [EVENTBRITE here](#) or learn more about [Elson Haas MD](#), [John Gray](#) and [Sherri Baptiste](#)