



# TWO Much Fun Productions

Jane F. Mainz, M.A., Counselor  
Cindi Buenzli Gertz, *Certified Kripalu Yoga Instructor*



**Present a demo & workshop experience:**

## **Perimenopause & Menopause** **Celebrating a new season of life!**

If you are experiencing the signs and symptoms of perimenopause, menopause or a midlife transition, please gather together with other women for relief, knowledge, helpful information and support. Learning about what you're going through and practicing the benefits of yoga will help lead you to greater self-awareness, confidence, balance and peace of mind. Embrace this time of renewal, celebrate the transition and find deeper meaning and purpose in this "change of life."

**Please join Certified Kripalu Yoga Instructor, Cindi Buenzli, and counselor Jane Mainz, MA, for a *free* trial yoga and lecture experience on Sunday, September 27th, from 2:00-3:30 pm at the Amery Centennial Hall & Senior Center.**

Please wear comfortable clothes that allow you to stretch. Equipment will be provided for the demonstration class. After the demonstration, there will be an opportunity to ask questions and sign-up for a six-week workshop which will begin at the Centennial Hall on October 4<sup>th</sup>, 2009 from 2:00 – 3:30 pm. Workshop will include yoga and lecture as well as, reflective and creative practices for deeper self-exploration. Cost is based on a sliding fee scale from a suggested minimum to the regular class rate.

***Demo & Workshop require no yoga experience!***

Visit [www.earthartswi.org](http://www.earthartswi.org), click on Upcoming Classes and look for TWO Much Fun Productions. Please contact either Cindi at [consciouslivingarts@hotmail.com](mailto:consciouslivingarts@hotmail.com) or 715-268-2860, or Jane at 715-557-1940 to reserve your space at the demo class.

**Class size is limited, so reserve your space early!**

**Jane F. Mainz and Cindi Buenzli Gertz are TWO Much Fun Productions**, combining 30 years of experience in mindfulness, counseling, art and yoga to bring you inspirational workshops that lead to greater self-discovery, personal growth, joy and peace of mind.