



SHAPING YOUR WORLD...

5th Edition—February 2nd, 2017

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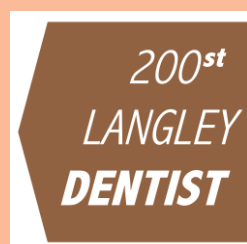
Congratulations to Abbotsford for winning this weeks highest % of Weight Lost!



This week between Langley and Abbotsford over 265 inches was lost! That's like more than 3 average women end to end! You all deserve a big high five!!!!

Thank you [Heather Rieder](#) Life Coach for sharing such beautiful insights at this weeks meeting in Abbotsford!!

QUOTE OF THE WEEK



Thank you to our Diamond Sponsors for making the Total Makeover Challenge 2017 possible!



We are excited for this year's SHOPPERS LOVE. YOU. Run for Women, which will be held on Saturday, May 13th at Wesbrook Village, UBC, Vancouver! We would love to see you all out having fun in support of this great cause!

Last year was phenomenal with over 1100 participants, 230 Shoppers Drug Mart participants and we raised \$56,000 in support of Women's Hospital Health Centre, benefiting mental health programming.

That is 3500 women who were able to be supported by funds raised. 1 in 3 Canadian women will experience some sort of mental health setback in their lifetime. This is a very worthy cause and we hope to be able to provide support for more and more women each year.

It is always great to have a goal at the end of your journey, something to work towards.

Join us in a fun filled morning with a live DJ, fresh breakfast post run/walk, meet the president of Shoppers Drug Mart. Bring your family and friends, and celebrate with us!

You can run 5K or 10K, and or walk 5K!

To register: runforwomen.ca/coursepourlesfemmes.ca



Yoga: A Makeover for Your Body, Mind, and Soul

The practice of yoga is one that is personal to each who participates. Although there are many different types of studios that offer many different styles of yoga, there are 3 core entities that can't be manipulated or ignored if yoga is truly practiced properly. To fully embrace everything that yoga can offer, the focus must be equal on the following:

Body

Yes, yoga is good for your body. It helps to stretch, pull and bend muscles and ligaments that are often overlooked. Postures assist with strength, balance, and increased blood flow. Your body reaps the rewards of increased lymph drainage and circulation to the extremities that are typically forgotten.

Mind

In yoga, we are taught to breathe mindfully and look within. We learn patience and self-love, acceptance for what we cannot change, and the joy of bettering ourselves for *ourselves*—not for anyone else. We learn to direct negative thoughts and kiss them goodbye, and we consciously allow ourselves to have the patience and humility that we need to grow and receive light.

Soul

Yoga is not just about those who practice it—it's about recognizing the strength we have as a community and the love we can show one another. It's about togetherness, support, and oneness. Through the practice of yoga, we evoke our connection to the earth and to each other.

In its essence, we can't forget that yoga isn't just about 'getting a better bikini body' or competing for 'most toned abs'. Yoga is about finding ourselves—our *true* selves—and reaping the rewards along the way.

UPCOMING EVENTS

The Amazing Race—February 25, 2017
at the Phoenix Lounge in Abbotsford.
Ctrl Click on photo for link.



The Amazing Race—February 25, 2017
at Douglas Park in Langley. Ctrl Click
on photo for link.

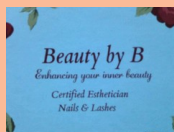


Week One of The Total Makeover Challenge! LOVING YOURSELF

A great start to the season with Nutritional training from Gina at Herbalife and our first week of measuring! (Press Ctrl and click on the image for link)



If you would like to volunteer, become a sponsor, or donate to Shape Your World Society, please see our website www.totalmakeoverchallenge.com or send an email to info@shapeyourworldsociety.com.



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