

Feed ThySELF!

Wednesday, August 15th @ 7:30 pm

Celebrating Bikram Yoga RVC's 9th Anniversary!

Please join Diana Bisso, Founder of The Cleansing Project, for a **FREE One-Hour discussion** on what it means to nourish yourSelf.

We will explore different integrative avenues to “fuel” and “feed” our lives on and off the plate and why, ultimately, this is the most sustainable approach for wellness.

Diana Bisso, owner of Bikram Yoga Locust Valley, and founder of The Cleansing Project is thrilled to introduce her revolutionary wellness company to the community at RVC. With over 15 years of experience in holistic movement and nutrition, she is honored to coach her clients towards optimal well-being.



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www.thecleansingproject.com



The Cleansing Project
shape your health. shift your life.

