

# WATERTOWN, ARE YOU READY FOR YOUR BEST?

## THE 6 BEST WAYS TO IMPROVE YOUR HEALTH TODAY, NATURALLY!

with Watertown Native, Linda Croyle

**Tuesday, July 12th  
6:30 - 8:00 PM**

Paddock Arcade, Suite 13  
Satyana Yoga  
Watertown, NY



Linda Croyle has helped people live their best lives through workshops and individual sessions for 16 years.

Join Linda (WHS '79), natural healthcare practitioner and expert on the energy medicine of the Bio Energetic Synchronization Technique (BEST) at this fun, informative and interactive workshop where you will:

- Learn how to get out of “fight or flight”
- Practice techniques to feel more energy and peace
- Understand which small changes contribute to greater physical health and well-being
- Receive BEST session discounts for attending



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Private one-hour healing/BEST sessions with Linda are available on Wednesday, July 13th and Saturday, July 16th by appointment only.

These sessions sold out the last two years, so reserve your spot today!  
Contact: [lcroyle1@gmail.com](mailto:lcroyle1@gmail.com) or [www.facebook.com/lmcroyle](http://www.facebook.com/lmcroyle)

## LEARN HOW TO LIVE HAPPIER AND HEALTHIER!

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