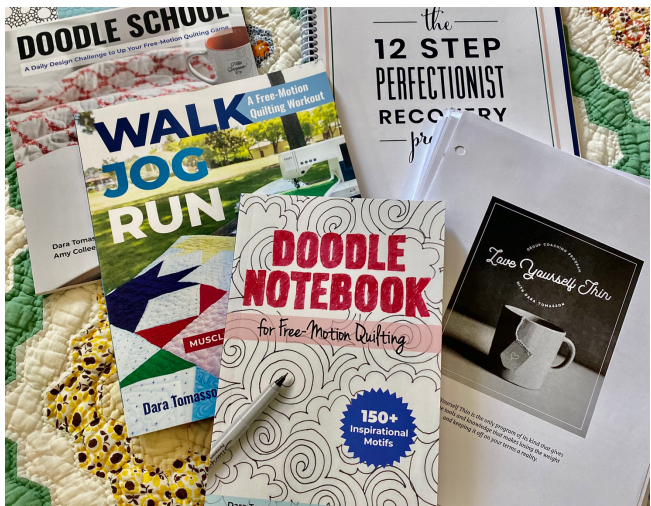


WWW.DARATOMASSON.COM

✂✂✂
DARA TOMASSON

love yourself thin



Hello!

NICE TO MEET YOU

Quilting is one of my passions. Being creative and showing love to others is my favourite combination.

After hitting my mid 40s my body started changing and weight just kept coming on despite all the willpower I could muster.

I felt hopeless until I discovered life and weight loss coaching. Applying these tools helped me drop 50 pounds, publish books, teach quilting across Canada and the USA, all while raising 5 kids.

After women saw my transformation (physical and mental) they wanted help. I became a certified weight and life coach in 2020 and haven't looked back. You can learn these tools on my podcast, YouTube channel, or attending one of my courses.

To get help IMPLEMENTING these tools, join my lifetime membership called *Love Yourself Thin*. This is where women build their own proven method for weight loss as they use the tools. There is a lifetime of support all along the way so they never have to worry about ever gaining weight. With all the physical weight gone, they have so much energy to LOVE their life.

I live on Vancouver Island with my husband and family. When I am not working or cheering kids at their basketball games, you will find me playing on my long arm!



Dara

LET'S GET IN TOUCH

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FREE MOTION QUILTING

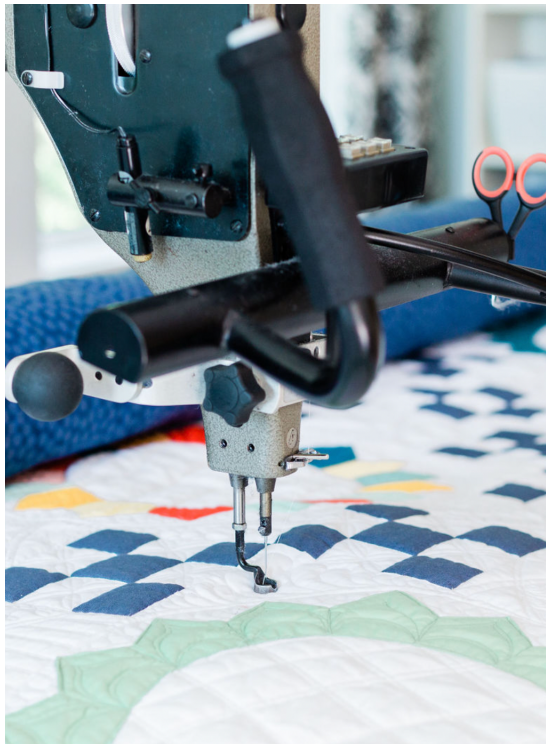
WHAT TO EXPECT

Want to quilt your own quilts without stressing out and feeling overwhelmed? When you learn the basics and build on them you'll quickly learn that FREE MOTION QUILTING is absolutely doable and you can have the confidence to quilt whatever you want! I have 6 amazing classes listed below to help you love quilting even more!

CLASSES OFFERED

- **Total Beginner Class -6 hour class**
Learn the fundamentals based on the *Walk Jog Run A Free Motion Quilting Work Out*.
- **Inspired By Nature- 6 hour class** With the fundamentals, have fun exploring more possibilities.
- **Feathers- 3 or 6 hour option)**
Take all the fear out of feathers.
- **Swirls - demo or 3 hour class**
Create an assortment of beautiful free motion swirls on your quilts.
- **How to Quilt It- demo or 3 hour class**
No more wasted time second guessing HOW to quilt it. Get the insiders scoop on how it's done.
- **Fearless Borders- demo or 3 hour class**
Play, have fun and transform your quilts with all sorts of border designs.





WEIGHT LOSS FOR QUILTERS

A sewing machine is visible in the background, with a paperclip resting on top of it. The machine is black and silver, and the paperclip is a standard metal paperclip.

Weight loss issues have held many of my quilting friends back from pursuing their dreams, joining a guild, and even taking classes. It's sad to see this happening. You are all beautiful and deserve to enjoy your lives.

Maybe you have tried and have even lost weight many times, but keeping it off has been a whole other story. Let me change that story as I introduce you to techniques I learned to change my own life, using neuroscience and thinking skills to create mental and physical weight loss.

There are 5 vital steps to permanent weight loss. I can help you and your guild learn them so you can take a load off literally and figuratively.

Here are my clients' top 10 reasons for investing in physical and mental health. Many of them feel like they belong some where, and doing weight loss classes as a group can strengthen your guild in ways you never thought possible.

1. More energy to complete quilts
2. Mental focus
3. Fewer distractions
4. Build self confidence
5. Set appropriate boundaries
6. Take responsibility for yourself
7. Learn to say no without feeling guilty
8. Spend less time trying to control others
9. Be more comfortable in your own skin no matter what your current size.
10. Get out of the shame/blame trap

BEFORE & AFTER

SOME EXAMPLES

SUSAN 83 POUNDS IN 10 MONTHS

Susan never realized how much she used food and shopping to avoid her feelings (buffering). Her life has expanded as she took off the emotional and physical weight (80 lbs!). She no longer fears putting the weight back on.



DEB 80 POUNDS IN 20 MONTHS

Deb struggled for so many years with her weight and felt embarrassed. When she learned WHY she turned to food, she was able to solve the root issues. Now she has more energy and more joy, she still enjoys being creative with foods, and spends her time pursuing all her quilting, hooking and bag making desires while having so much energy!

GOALS FOR GUILDS

MY GOAL FOR YOU

To learn that if you can make a quilt, you can do anything, including take control of your life, and lose the weight that has been holding you back. Free motion quilting is scary but doable when you learn the proper foundations and build on it. It is the exact same principle as Weight Loss. Let's make our guilds healthier and more productive one class at a time and chase dreams together.

MASTER CLASSES OFFERED

- **Procrastination and Weight Loss**
- **Breaking Up with Food**
- **How to Solve Any Problem Like a Pattern**
- **Weight Loss Science is Simple and Action Plan**
- **Summertime Body Love**
- **1% Club Lose Weight for Life**
- **12 Step Perfection Recovery Program**
- **Start With the End in Mind**
- **Permanent Weight Loss: Obtainable, Doable and Sustainable.**



You can book me to teach any one of them- This is the special offer on the next page.

SPECIAL OFFER

WHEN YOU BOOK A MASTER COURSE WITH A MIN OF 50 WOMEN, I WILL TEACH IT FOR FREE.

-4 DAYS OF INSTRUCTION
(LIVE 1 HOUR CLASS ON ZOOM)

-ALL THE TECH ARRANGED FOR ZOOM LINKS AND I HOST ZOOM ON MY ACCOUNT

-HANDOUTS ARE SENT OUT ELECTRONICALLY

The master courses are:

1. Procrastination and Weight Loss
2. Breaking Up With Food
3. How to Solve Any Problem Like a Pattern
4. Weight Loss Science is Simple and Action Plan
5. Summertime Body Love
6. 1% Club Weight Loss for Life
7. 12 Step Perfection Recovery Program
8. Start With the End in Mind
9. Permanent Weight Loss: Obtainable, Doable and Sustainable



DARA TOMASSON

life + weight coach



I am the free motion quilting liberator: and now as a certified life and weight loss coach, I help you liberate yourself from unhealthy patterns. You are never too old to change.

SERVICES OFFERED

WE CAN MEET ON ZOOM OR IN PERSON. I HAVE A ZOOM ACCOUNT THAT CAN ACCOMODATE LARGE GROUPS.

I HAVE LIMITED SPOTS AVAILABLE FOR TRAVEL, AND TRAVEL WITH A MINIMUM OF 2 DAYS OF FULL TEACHING. I DO HAVE TRAVEL DAY COSTS.



Trunk Show

This covers the cost of teaching a 1-hour class or lecture. Does not include travel costs. Please message me for details if you would like me to attend your trunk show.

\$225 USD



Workshop

This covers the cost for teaching a 3-hour class or workshop. Does not include travel costs. Please message me for details. Workshop options are varied.

\$375 USD



Full Day

This covers the cost for teaching a 6-hour class or full day workshop. Does not include travel costs. Please message me for details. Workshop options are varied.

\$750 USD

Feel free to reach out for custom pricing depending on your guild's needs.

If you sign up for a trunk show and a class, cost is \$550.

If you sign up for a trunk show and a full day class is \$925.

Custom pricing can be provided to suit the needs of your guild.

Frequently asked

QUESTIONS

What sets you apart from other quilters?

I don't just love to teach FMQ, I also love to provide the tools quilters need to make sense of their minds so they lose weight permanently, have more confidence in their bodies, and are empowered to make goals again.

Why should quilters try to work on their health?

We only have one life to live and many of us are held back from what we love because of our health. I have clients ages 34-75. They all accomplish more because they are no longer consumed by food.

How would this appeal to my guild/clients?

Weighing less means you have more energy for other pursuits- mental and physical. I see my clients finishing more projects, working through the challenging parts, spending time on themselves guilt-free, setting better boundaries in their relationships, feel happier about themselves, having less 'drama', not getting sucked into 'politics' and are more productive.

Can you teach my guild/come to our meetings?

Yes, I have the weight loss and quilting classes listed here.

Zoom is a fabulous option; I provide this technology for you. In-person options are available on a first-come-first-served basis, as I limit how often I travel.

Will you teach a class at a trunk show, not just show quilts?

I love to teach at trunk shows. The best way to book me is by emailing me at dara@daratomasson.com for details.



BOOKS OFFERED

Free Motion Quilting

Walk Jog Run A Free Motion Quilting Workout

Doodle School 31 Day Challenge

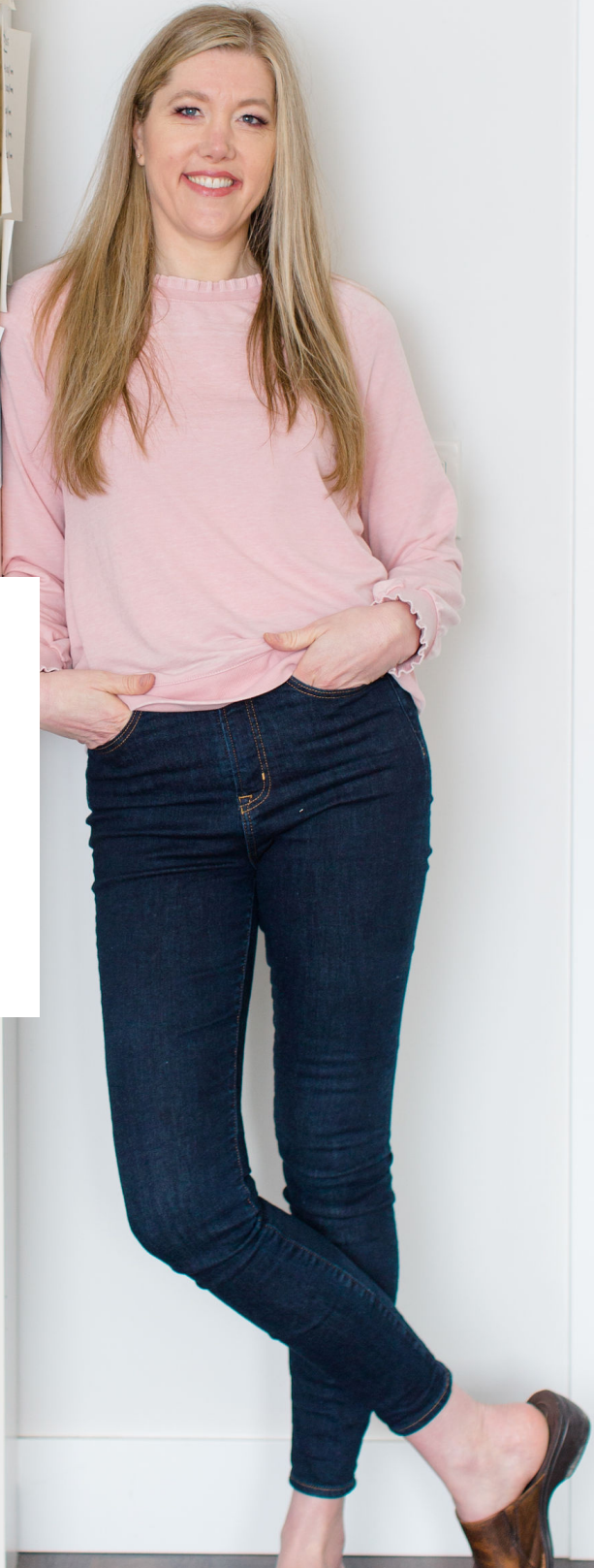
Doodle School Notebook

Life Coaching/ Permanent Weight Loss

The 12 Step Perfectionist Recovery Program

Love Yourself Thin process

90 Day Workbook



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