



Why Live Fit Yoga? I crafted this style of Yoga/Pilates/Kahiko Hula mind-body wellness based on my years of studying and practicing. My method is a full-body workout that reduces stress, burns calories, makes you feel good, sexier, and energetic. My integrative plant-based coaching and Worriless Living Principles help you create the Life You Want To Live. I've Hosted my own fitness segment on ABC TV and spent years motivating audiences with my keynote talks...now it's one-on-one attention focused on YOU. Let's craft a wellness program that enhances your unique life using my Live Fit Yoga & Plant-Based Wellness. Namaste!



One session will begin a journey that empowers you to create a Better YOU, Better World!

Warrior I

1. 6 sessions of private Live Fit Yoga: tailored yoga sessions with postures that help you better understand the practice and move deeper into creating balance and harmony in your life.
2. Email support for questions.

Warrior II

1. 9 sessions of private Live Fit Yoga. Tailored yoga sessions
2. Introduction to meditation: 3 sessions / 30 minutes each, immediately following your yoga practice.
3. Email support for questions.

Warrior III

1. 12 sessions of private Live Fit Yoga...tailored for you (1 hr each).
2. 6 sessions of Meditation & Breathing Techniques and 3 Life Coaching sessions, immediately following your yoga practice (30 minutes each).
3. Stock your pantry: 1 assisted shopping session to learn how to stock your pantry with alkaline, whole, plant-based foods.
4. Signed copy of No Worries: 5 Steps To Peace, Even In Chaos.
5. The Plant-Based Lifestyle: ebook contains all you need to know to eat a healthy, balanced diet for an energetic, harmonious life.
6. Weekly email affirmations for balancing, reducing stress, and eliminating suffering, worry, and fear.
7. Email support for questions.
8. Access to all Webinars (at no charge while you are enrolled in this package).