

All Health's Breaking Loose presents:

Wellness Camp--Spring Session 2012



## Spring Wellness Bootcamp

**May 3 - June 11,  
2012**

**Monday--Friday,  
8:00am - 9:15am**

Space is limited. Call Loa to  
register. Find more info at

[gotoloa.com](http://gotoloa.com)

Reshape and  
streamline  
your body  
with the most  
efficient, fun  
training  
techniques.



Yoga, pilates, meditation, cross  
training, journaling & food  
planning. This comprehensive &  
fun program for women brings  
healthy habits that last a life  
time.

**JOIN US!**

Bring a yoga mat, all other gear is  
provided.

Save 50.00—register with a friend!

\*Reduce inflammation and create an  
environment where illness cannot grow.

\* Balance hormones and relieve stress.

\*Manage weight while sculpting the  
body.

\*Raise your happiness set point.

**Space is limited. Call Loa  
to register [818\) 399-5345](tel:8183995345)**

**or go online at**

**[gotoloa.com/store](http://gotoloa.com/store)**