

*Inspired By Sepideh Coaching
And
Smokin Aces Personal Training*

Present:

Body and Mind Boot Camp
Saturday September 8, 2007

9:00 AM – Noon
Indian Springs Park, Oak Park

Join your Health and Wellness Team for an energizing and rejuvenating morning in an intimate group setting. Our Body and Mind Boot Camp includes:

- Personal Training
- Nutrition – Understanding food
- Life Coaching – Setting and Achieving Smart Goal
- Meditation – The Spiritual Journey

* Please bring a yoga mat or small blanket

Reserve your space today, don't wait space is limited!

Detach and send with payment by **September 5, 07**

Name:

Phone Number:

Address:

E-mail:

Payment: \$60 Cash---- (drop off at the office) Check----

Paypal---- (available on www.inspiredbysepideh.com)

Please make checks payable to *Inspired By Sepideh* and mail to:

Inspired By Sepideh

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Suite 161

Westlake Village, C A 91377

For more information visit www.inspiredbysepideh.com or call **(818) 857-2320**