

Holistic Personal Training

with Kristin Mabry

Holistic personal training can include any or all of the following as methods to increase overall well-being:

- Physical training including yoga, strength, and cardio
- Breathing Practices
- Chanting/Mantra
- Chakra energy work
- Relaxation Techniques
- Positive Affirmations
- Aromatherapy
- Satvic nutritional guidance



Package of TWO sessions includes:

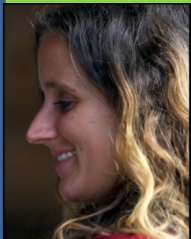
First session:

Comprehensive screening including physical range of motion evaluation (75-90 min)

Follow-up :

Experience suggested practices based on results of assessment (45-60 min)

Package price is \$150 and includes custom DVD ,CD, and email support.



Kristin is a Yoga Alliance E-RYT500 and American Council on Exercise certified personal trainer. She enjoys sharing her passion for wellness in classes and workshops worldwide. Working one-on-one provides time for analysis and introspection for the practitioner who is ready to fully participate in his or her well-being.

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