



“Certainly, there are fads when it comes to health, beauty and fitness. Someone is always coming up with something that guarantees fast, miraculous results, and most don’t deliver what they promise. Anti-aging that truly works requires an ongoing dedication to taking care of your health. And, exercise is a huge part of staying healthy.

Yoga, is a 6,000-year-old science and physical practice. The components of yoga reduce stress and tension by connecting you to your self-stimulating energy center. This connection balances your body and mind. The result is that you feel more comfortable in your own skin. Yoga gets you into better physical shape as it develops your awareness in making healthier food choices. Yoga relieves stress by calming your inner self. All these things and more fight the aging process. The practice of yoga expands and improves your life drastically.”

— Beth



Scientific Research Proves It Takes 30 Days For A Habit To Form

THAT IS IT. We must stay committed to our new health and fitness program for **ONE WEEK**. Then, slide into **WEEK TWO** in which we acknowledge our newfound accomplishments, congratulate ourselves and bask in the limelight we are sticking to our goal. With increased confidence about the changes we see in our physical, emotional and mental well-being, we move into **WEEK THREE** with ease, recognizing this is NOT just another failed attempt at another New Year resolution gone bad. During **WEEK THREE** we begin to see light at the end of the tunnel as many positive physical and mental changes occur. Maybe we are resenting the world a little less. Possibly we are sleeping better, eating an apple here, or a salad there and losing unwanted pounds. And maybe... just maybe... we are starting to feel more like a human being and less like a draggy, old, beaten down work horse. Any change is good no matter how small as long as it’s going in the right direction. And, if we stick to the program we have mapped out for change — **WEEK FOUR** will breeze by and we will discover we’ve formed an incredibly beneficial **“TAKE CARE OF ME”** habit. And it’s a habit that our bodies and minds will not only crave, but will thank us for in the form of improved health, stress reduction and mental clarity.

BETH: Sometimes we adults forget that our children are also in need of body and mind balancing. At YogaFit we offer classes for children all ages. Although the classes are fun-filled, we keep in mind the importance of helping our little ones achieve the same improved body, mind and emotional health that we adults need to balance our lives. Children live in the same hectic, non-stop environment we do, and most time we forget that our fast paced lifestyles also take a toll on them.”

Beth has spent time in India and Asia studying yoga. She is certified in many fitness disciplines, and has been a trained Yoga Therapist since 1994, as well as holding a Bachelors Degree in Business Administration and Nutrition. The success of the YogaFit brand in addition to the new, state of the art flag ship fitness studio on Robertson Boulevard in Los Angeles, boasts the largest yoga training school in the world. YogaFit has trained more than 200,000 instructors on six continents to teach the finely-tuned details of the YogaFit concept to corporations, fitness clubs, private gyms and workout establishments. Beth’s entrepreneurial and innovating spirit has also launched numerous health and fitness trends including, YogaFit Sweat, YogaLean and the popular YogaButt. As a regular contributor to a number of local, national and international beauty, health and fitness magazines isuch as Time, LA Times, USA Today, Entrepreneur, SELF, FIT and the Yoga Journal, Beth is a frequent guest speaker at universities and corporations discussing Green initiatives. She currently serves on the canfitpro Advisory Panel.

In addition to a calm, peaceful workout environment, Beth has also created another amazing sight in the YogaFit studio; a fabulous art studio where incredible art pieces by talented, multi-media artists grace the walls lending a breathtaking sense of peace while classes are taught. But all is not just for show. Beth graciously gives up wall space not only to support and encourage artists by showcasing their work, but with each piece of art that is sold, a portion goes to non-profit animal rescue and environmental organizations. Seeing is believing, and among the animal rescue organizations Beth supports are Last Chance For Animals, and just recently, Beth adopted a loving dog from Much Love Animal Rescue in Los Angeles.

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