



Yoga And Fitness To Go

Consultation

For a FREE evaluation of your corporate, guest, or individual needs call

323.578.3020

or visit

www.YogaAndFitnessToGo.com

for more information.

YogaAndFitnessToGo@Gmail.com

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NY LA ATL

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Director, Laurie Searle is a nationally certified Yoga teacher, fitness trainer, mat Pilates instructor, and weight management / nutrition specialist through the National Academy of Sports Medicine and the Yoga Alliance. She has been practicing and teaching for almost 20 years, and leads teacher trainings in the Los Angeles area and internationally through the Sphota Yoga School.

Laurie has trained clients from as young as 3 to as young as 95, Oscar winners, elite athletes, busy moms and executives, injured, pre/post natal, children, teens, and individuals in recovery from addictions and eating disorders.

She has worked with her team of teachers and trainers for many years and trusts them to guide clients across the city with complete confidence.

Yoga and Fitness To Go is the premiere countrywide fitness concierge service, providing your hotel clients or corporate employees with the absolute best quality and time- efficient way to keep their bodies and minds strong, balanced, and flexible.

Whether it is in the middle of the workday or your vacation destination, we work with any budget or schedule to deliver you the wellness you deserve.



Our trainers are nationally certified, insured, and have at least five years experience in their field of expertise including Yoga, mat Pilates, strength and cardio training, and all of the latest training methods including P90x, cross fit, TRX ,and barre.

We have all of the equipment you need: Just walk down the hall, press an elevator button, and be transported to the world of health and wellness!



Corporate/ Luxury Residence/Film Sets

Yoga and Fitness To Go is your lunchtime cure or end of the day retreat.

De-stress and feel good.

Come as you are and join your co-workers or neighbors for a lunchtime or post work wellness session, massage, acupuncture, chiropractic or physical therapy.

We've created a time-effective, all-level, convenient program to energize and relax you at the same time. You won't have to go back to your desk, suite or set all sweaty....unless you want to, but you WILL feel like a new relaxed and energized person.

In just a few sessions you will notice: a quieter mind, fewer aches and pains and an overall sense of well-being, mental clarity, and ability to handle stress.

Bootcamps, sculpt and circuit training sessions are also available for those with a lot more energy to burn.

Hotel

In-suite or gym training, yoga, massage session are designed specifically for your guests' need! We will bring everything they will require. Not a lot of space is necessary to strengthen and tone the body and mind.

All methods of yoga and training are available... If you are recovering from injury or need an adjustment, our chiropractors and acupuncturist are here to help you get through your stay for business or pleasure.

...or travel outside the property and hire one of our running coaches to see the city in the most unique way possible.

Running tours of city landmarks are available for 1 to 2 hour sessions. Bring your camera and wear sunscreen for this amazing way to see the city and burn some body fat.



**Massage Yoga Cardio Strength
Training Physical Therapy
Pilates Chiropractic Dance**