

Empower Inquiry & Body Dynamics Training Presents... "CREATE 2008" March 28-30, 2008

Join us on beautiful **Poets Cove Resort & Spa** for a mind & body overhaul! Use specific tools to set goals and produce a strong vision of how you will create your coming year. During this great weekend getaway you will also have your body renewed. Friday will start with body fat testing & fitness testing to see where you are now and help develop your program over the next 12 weeks. Scenic outdoor workouts and strength training, nutritional guidelines and yoga throughout the weekend will keep you motivated and on track. Our Personal workbook and follow up session in 12 weeks will keep you accountable to create a 2008 that is extraordinary!

Meet Your Motivators:



Jennifer Ziebart
Life Coach
Empower Inquiry



Michele Shorter
& the Body Dynamics
Training Team

Michele Shorter and the Body Dynamics Team: Michele Shorter is the owner and head trainer of Body Dynamics, Victoria's premier outdoor fitness and personal training company. They offer kick-butt accelerated fitness programs for people of all fitness levels. Their motivating and enthusiastic trainers are ready to get you on track to your ultimate journey to good health!

www.bootcampvictoria.com

Jennifer Ziebart, Empower Inquiry: Entrepreneur – Fitness Professional – Spa Therapist – Life Coach

Jennifer Ziebart has been dazzling audiences with her passion for life since her first public appearance in an Edmonton hospital room in 1975. An expert communicator and trained goal coach, Jennifer left a managerial position at Lululemon Athletica to found her own coaching company, Empower Inquiry, in 2007. Her diverse clientele includes business owners, yoga instructors, police officers, moms, government employees, artists, electricians, chiropractors, acupuncturists, and real estate investors. Jennifer's fun-loving attitude and personal commitment to healthy, balanced living enhances her professional work in individual and corporate settings, inspiring people to design and live their greatest lives.

CREATE 2008 Includes:

- Accommodation for two nights at Poets Cove Resort & Spa
 - Wine and Cheese Reception on Friday Night
 - Group Workouts, Yoga & Nutritional Education
 - Goal Setting Workshops & Life Coaching
 - Personal Workbook
 - Raffles and Prizes
 - Follow up session 12 weeks later

Does not include: Transportation, meals, spa services, gratuities

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To register, please contact: 250-370-9983 or michele@bootcampvictoria.com