

7/5/11

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Dear Shauna,

I came to Sarasota for treatments + healing. You have been a huge part of the results I like to call "mission accomplished" or more like "miracle accomplished."

Never having a trainer before, I know I started with the best. Your caring and positive outlook I will not forget. Your dedication to training of the core, was so

beneficial in keeping my energy
level high during these many weeks.

"I have been changed for the
better by knowing you".

Thank You so very much
& God Bless.

Best Regards

J.B.H.