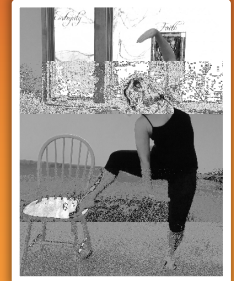


Workout with Suzann Yue



Essentrics With Yue

Miranda Esmonde-White is one of America's greatest advocates of healthy aging and best-selling author. She is best known for her PBS fitness show, *Classical Stretch* and is rated the #1 fitness show on the network.

Suzann Yue (eight-time world karate champion) had the privilege to receive her Essentrics certification from Miranda Esmonde-White. Suzann will take you and 6 of your friends through the rated #1-hour workout. This workout is suitable for all fitness levels and ages. You will see why this workout has changed many lives.

Testimony by Dr. Jeff Yue

I have had a physically difficult year with a cancer diagnosis and treatment, including 3 surgeries, chemotherapy and radiation. My previous level of fitness having been markedly impaired required me to find a type of exercise that was much gentler on my body. The Essentrics workout has provided me with an excellent way to slowly improve both my strength and flexibility, without too much post-workout soreness.



Founder of Essentrics and Classical Stretch on PBS-Miranda Esmonde-White



Suzann instructing her client, Thea