



BODY IQ<sup>™</sup>  
Life

# ESSENTIALS FOR LIFE

Body IQ Life Essentials... Boutique Exercise & Retail Therapy for your Mind, Body & Spirit

November 2014

## Preview Weekend was a success!

Please join us for a **Grand Opening Weekend Saturday & Sunday November 22nd and 23rd from 11am to 4pm** at **Body IQ Life Studio & Body IQ Essentials Boutique**. **Bring a friend!** Preview our holiday self-care gift ideas & baskets. We will also preview Fall and Winter programs, services & staff. Come in for a preview and get a jump on gift purchases for holiday. Purchases and gift orders made during preview weekend will receive 10% off products & services.

**FYI...** **Body IQ Life Exercise Studio & Body IQ Essentials Boutique** are located at **2208 Market Street in Camp Hill, Pa.** Entrance for both studio and Boutique is in the rear of building, just off of 22nd and Walnut Street. On-site parking available, spill over parking is in Presbyterian Parking lot. Studio hours are by appointment and open to members. Boutique hours are Tuesday-Friday 10 am to 2pm & 4pm to 7pm, Saturday & Sunday 11am to 4pm.

### Q: What services are offered in Studio?

A: Private & Duet Pilates, Restorative Yoga & Aerial Fusion - Boutique Style Educational Courses, Nutritional Wellness & Healthy Lifestyle Consults. Other services include Therapeutic Massage, Herbal Foot Baths & DoTerra Essential Oil Consults for internal and external use.

### Q: What items are available in Boutique?

A: Self Care products used in the studio for exercise therapy; books & cd's, as well as, self care items for the mind, body and spirit! DoTerra, Toe Sox; specialty body & face products and products for the scenting the home. Gift Certificates & Gift Baskets available for holiday.

**Grand Opening**  
**Saturday & Sunday**  
**November 22nd & 23rd.**  
**11 am to 4pm**



## In Studio & In Boutique

- Pilates Private & Duet Sessions
- Aerial Fusion
- Pilates Courses & Workshops
- Healthy Lifestyle Nutritional Consults
- Retail Therapy for Self Care



If you have time to breathe, you have time to meditate...

## Pumpkin Spice Smoothie

1 1/2 cups dairy free milk or water

1/2 cans pumpkin puree

1/2 cup spinach

1 teaspoon vanilla extract

1/2 teaspoon no sugar pumpkin spice

*\*Low in sugar. Good for weight loss and digestion.*

## Eating with the Seasons

By Darren Shartle

The change from summer to fall is a reminder that adjusting or re-adjusting your diet to eat in sync with the change of season is an important factor for vibrant health and wellness.

For your Fall menu be sure to include rich savory soups and stews with vegetables like butternut squash, carrots, and potatoes. Eating seasonally offers opportunities for year round diversity from nature to balance health. When you are in tune with your health and your body, you instinctively crave the foods that will nourish and energize you. As the seasons change, gentle cleanses using a whole foods approach help prepare the body and mind to purge the old and prepare for the new.

Although we tend to think of spring as the optimal time for cleansing, a fall cleanse will help stave off seasonal colds, bolster your immune system, and prepare you for the coming months. Cleansing is not fasting. A whole foods cleanse simply eliminates or reduces the use of foods that may be inflammatory – such as sugar, flour, dairy, and alcohol. A fall detox/cleanse is about supporting the lungs and the large intestine.

In Fall, using seasonal fruits and vegetables along with warming spices such as cinnamon, nutmeg and cloves will support intestinal and respiratory health. Focus your cooking around warming, autumn foods like carrot, mushrooms, pumpkin, sweet potatoes, and dark leafy greens. Using fruits like figs, apples, and persimmon are beneficial. This is the time to incorporate some heartier foods like brown rice and oats, goat cheese and plain organic yogurt.

**Darren Shartle** is an IIN Certified Holistic Health Coach & Certified Personal Trainer. She will be in residence at Body IQ Life Essentials this Fall and Winter. She is available for Wellness Consults. You can reach Darren at 717-571-4400. She will be cooking up samples of savory dishes for the Grand Opening Weekend and provide recipes for your enjoyment.





## DoTerra Essential Oils

Now offering custom Aromatherapy consults to target your unique constitution! *Aromatherapy* is the use of essential oils from plants for healing. Although the word *aroma* implies these are inhaled, they can also be massaged into the skin or taken by other means. Your practitioner, Rachel, blends knowledge of eastern and western health principles to assess your personal constitution, discovering which essential oils most benefit your physical and mental well-being. To learn more about Aromatherapy, visit <http://www.mydoterra.com/rachelsandra/essential.html>

Using doTERRA Certified Pure Therapeutic Grade™ products, Rachel blends up custom oils, lotions and atmospheric sprays for body and home that are 100% natural, invigorating and encourage deep healing in body and mind. These products may be used to lift your mood, ease tension in your muscles and improve concentration among other benefits. You may also peruse the essential oil shop to buy your own therapeutic oils for home use.

Rachel shows you how these essential oils can be used around the house to purify your environment by making your own cleaning products and home remedies- creating a healthy environment for both you and your family.

In addition to your Aromatherapy Consult, indulge in an Aromatic Foot Bath featuring doTERRA CPTG™ Essential Oils. These soaks do more than relax your feet, they stimulate your senses and provide for heightened relaxation. Rachel combines your soak with an exfoliating scrub, steeping herbs and massage for the indulgence your truly deserve. Add-on a chair Reiki treatment while you soak or a traditional tabled Reiki session for even deeper relaxation. Let the healing touch of a nurse soothe your soul!



Herbal Foot Baths are offered by appointment to relax you head to heels...

## Aerial Fusion with Kathy Lupinacci



Kathy Lupinacci brings her lifelong love and interest in exercise to Body IQ Life. This Fall Kathy will offer private and duet session time in Aerial Fusion...Yes, Aerial Fusion!

Aerial Fusion is a unique combination of Aerial Yoga and Pilates based movement education. The class is the hybrid class developed by Kathy and Janine to help you recognize the importance of proper body use during exercise while helping you enjoy the fun and fluidity that Aerial creates..

Sessions will offer you a blue print for balanced healthy movement and teach you the "need to know" body mechanics for balanced whole body movement to prepare you for flight.

Kathy has been involved in Pilates for over ten years, and aerial yoga for four years. Two years ago, Kathy was certified in VaihAyasa style aerial yoga. VaihAyasa is Sanskrit for "aerial, being or moving in the air, suspended in the air, or sky-Dwellers". Aerial Yoga allows practitioners to invert, while diminishing strain to the neck and joints, allowing for surrender into a posture for full benefits. You will find that your mind clears and opens, helping you become aware and present. It is a breath-based practice that can help decompress the spine, allowing you to experience the benefits of inversions without risk of injury. Helping you achieve proper alignment naturally, assisted by gravity.

Kathy is currently apprenticing at Body IQ Life with Janine. You can reach Kathy directly for questions or to set up an introductory time. Call her at 717-421-8607 or e-mail her at [kathylup@verizon.net](mailto:kathylup@verizon.net).

# Grand Opening Weekend at Body IQ Life in Camp Hill

## Reprint from November 2014 Natural Awakenings Magazine

Body IQ Pilates of Camp Hill has relocated, rebranded and expanded services and will hold a **grand opening weekend from 11am to 4pm November 22 and 23.**

**Self-care items, gift baskets and gift certificates** will be available for holiday gift-giving.

The owner of Body IQ Life, **Janine Galati, a second-generation certified Pilates teacher** and licensed massage therapist in practice for 25 years, says, "Body IQ Life represents a **new direction in personal self-care.** Come and join our experts in learning more about how to care for yourself mind, body and spirit."

A new menu of services includes **boutique-style courses and workshops in Pilates, Restorative Yoga and Aerial Fusion,** as well as **Therapeutic Massage, herbal foot baths and integrative nutritional counseling.** There is also an essential **oils bar and retail center for mind, body and spirit.**

**Body IQ Life  
2208 Market Street  
Camp Hill, Pa.  
17011**

**(717) 903-3760**

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Visit us on the web at  
[www.bodyiqlife.com](http://www.bodyiqlife.com)

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PLACE  
STAMP  
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