

**B**ALANCE  
**L**ENGTHEN  
**I**NTEGRATE  
**S**TRETCH  
**S**TRENGTHEN

- Build strength & mobility
- Decompress your spine
- Relieve pain
- Rehab injuries
- Reduce Stress
- Increase energy

**Jamie Leno Zimron Sensei**

*Aikido 6th Dan, LPGA Pro, Somatic Psychologist*

*Powerful muscular-skeletal exercises  
blended with Centering, Breath,  
Energy-Flow & Self-Massage*

*Taught by:*



# BLISS FUSION FITNESS

HEALTH

HAPPINESS

PERFORMANCE

January 2021 Zoom Classes

**Sunday, Jan. 17 & 31 / 9-10:30am PST**  
**Wednesday, Jan. 20 & 27 / 8:30-10am PST**  
(Jan. 31 - Special Class: BLISSful SLEEP)

**REGISTER under EVENTS at:**  
**TheCenteredWay.com**

**760-492-4653**



**JUAWAYNE KETTLER, BLISS FOUNDER**