

In This Issue

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How's that New Years Resolution working for ya?

Decrease Your Body FAT now!

Your Health & Wellness

Chronic Pain & Migraine Relief

a revolutionary product designed by neuropsychologist, Dr. M. Mark Wexler, Ph.D., guaranteed to reduce or eliminate the discomfort caused by a variety of pain conditions

Save Your JOINTS!

From the elbows, shoulders, hips and knees...save your joints now

Yoga Clothes & Stuff

Videos, Props, Natural Living.

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<http://www.lotusvibe.com>

<mailto:dorie@lotusvibe.com>

What's New?



How is that New Year New You Resolution working for you?

Don't be discouraged...there is hope yet! The Mambo Cardio craze is going strong, Yoga Freestyle is flowing in Yoga Heart. And wait, there's more!!! Zumba Fitness will be added to the mix in March. It is a fun filled South Beach fitness hit with its roots in South American flavor---it is dance fitness. **Let's reconnect to the goals we've set forth for 2005 and feel the freedom of accomplishment.** Join me...come to one of my classes and I

promise you that you will enjoy the class, you will have fun, and you won't even know you are exercising...because you are flowing in smooth body moves or dancing. The website has been updated...information, pictures, products. Two products I use regularly are Lean Tea Complex and Glucosamine Chondroitin for the joints. I have noticed such a difference in my body fat percent (and some of you have noticed it too - thank you!) and my joints are feeling nurtured with all this fitness frenzy stuff...so I thought I would add these products to The Lotus Vibe Store. They are available online for purchase or after class. Major events are coming up so stay in touch ...Revlon Run/Walk, The Fitness Festival in Queens, Health Expo in Uniondale...it's pumping, it's pulsating...it is a Yoga and Dance Fitness world. Don't forget that my new affiliates are there for you all you online shoppers [GAIAM](http://www.GAIAM.com), [Efitness](http://www.Efitness.com), and [Amazon.com](http://www.Amazon.com).

The Gallery is up and running on the website. The Calendar is up to date. ...yada yada yada...in other words, just go to the website and enjoy!

Mambo Cardio Nation & Revlon Run/Walk for Women.



The Mambo Cardio Nation Team is going to dance our way through the Revlon Run/Walk For Women being held on Saturday, April 30, 2005 starting in Times Square and ending in the East Meadow of Central Park. Our **team # is 2213**. This fun-

filled, yet poignant fundraising event benefits women's cancer

**REVLON
RUN/WALK
FOR WOMEN**

2005

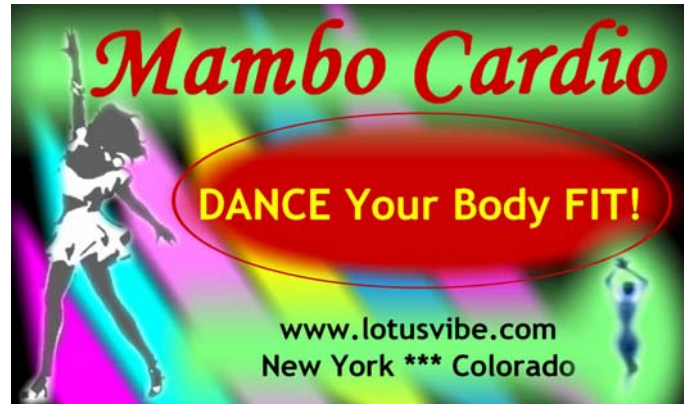
NEW YORK

join the fight against women's cancer

APRIL 30, 2005

research and we would like to have a big team come out and show their support for this great cause. Both men and women are welcome. If you are interested in being a team member, please contact me or visit the website at www.revlonrunwalk.com for registration details. Please come join the fight to eradicate

women's cancers!
To go to our team page directly and register or to make your online donation, go to our team page now. Here



is a Sneak Preview of our T-Shirt Design.

Upcoming Events...

The Fitness Festival of Queens Village is set for April 24th. Get ready for an action packed day filled with classes in Karobicks, Mambo Cardio, Yoga Freestyle, Zumba Fitness, Salsa and much. We are offering body massages and Chronic Pain & Migraine Relief sessions. There will be live music, free giveaways, refreshments...and you'll have to come to find out the rest. Stayed tuned for more info. **The Revlon Run/Walk AFTER Party**, email me directly for info.

Coming in May...**Long Island's Health Expo** @ The Marriot in Uniondale...you'll get a taste of Mambo Cardio, Yoga Freestyle, Zumba – see vendors and sit in on lectures on health & wellness. There are many events happening in NYC – between Live Well New @ The Jacob Javits Center, The New Life Expo @ The Hotel New Yorker, and The Yoga Expo...stay informed, stay in the lifestyle, stay connected to the New You. [Visit the Calendar](#) for more info.

