



**Your Body and Mind Deserve Results...
Finally! A Workout That Works!**

Body Technic Systems®, Inc.

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Here's a gift from Body Technic Systems®, Inc., a holistic physical therapy and private fitness practice. Using some of the world's most efficient methods of movement, therapy, flexibility, breathwork, body streamlining techniques such as: Certified Pilates Work, Certified Byrotonic Expansion System and Gyrokinesis (sequential flowing, yoga-like movement done on a mat or using a customized machine.)

Body Technic Systems®, Inc., founded by Sunday Homitz, L.P.T., former therapist for the Cleveland-San Jose Ballet, combines some of the most sophisticated systems of therapy and movement to help give clients rapid results and help deal with the stresses of today's fast world.

Compliments of _____ Expires _____