



## OUR PHILOSOPHY

Our sustainable, effective and holistic solutions are “**Designed with Balance in Mind**”. Achieving work/life balance delivers healthy and happy communities that bring a positive outlook to everyday environments resulting in an increase in productivity, and efficient daily practices. Our integrated mind-body fitness and wellness programs result in greater self-awareness and harmony which builds resiliency to remain grounded in the world in which we work, live and play.

## Small group training classes (all class descriptions and pricing are online (click register to learn more))

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 pm	HealthStyles Studio	Hatha Yoga Flow				
7:00 pm	St. Mother Teresa High School				Candlelight Yin Yoga	
7:45 pm	St. Mother Teresa High School		7:45 – 8:35 HIIT (Bootcamp) 8:35 – 9:00 GentleYoga			
8:00 pm	HealthStyles Studio			Power Core Yoga		
8:15 pm	St. Mother Teresa High School				8:15 – 9:05 HIIT (Bootcamp) 9:05 – 9:30 Gentle Yoga	

TINA D'ANGELO – Owner, Trainer and Heal your Life Coach  
[tina@healthstylesconsulting.com](mailto:tina@healthstylesconsulting.com)

HealthStylesConsulting.com  
 613.804.4731 | 18 Palmadeo Drive, Ottawa ON K2J 5A2

