



**Donna Mitchell is a
Water Conditioning Instructor
certified in:**

**“THE BURDENKO METHOD OF
WATER THERAPY”
(www.burdenko.com)**

In the impact-free element of water, flexible and pain-free movement helps you develop and maintain overall fitness, improve posture, relieve pain, rehab from surgery, promote cardiovascular health and develop six essential qualities necessary for movement in life and on land:

**Balance Co-Ordination Flexibility
Endurance Speed Strength**

The ability to swim is not necessary.
Being comfortable in deep water is!

Sea Training or Your Private Pool

Deep Water End Required: 5.5 - 6 ft

Private Personalized Training – 1 Hour

Individual Session: \$125.00 KYD

6-Session Package \$600.00 (\$100.00 per session)

Couples Training – 1 Hour

One Session Training: \$175.00 per session

6-Session Package \$900.00 (\$150.00 session)

**Orientation Session Includes General Physical Assessment &
Water Training DVD.**

Group Classes are Also Available

Email: Info@InspiredwithDonna.com

www.InspiredwithDonna.com

