



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

**“THE BURDENKO METHOD OF  
WATER THERAPY”  
([www.burdenko.com](http://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**

Pool with Deep Water End 5-6ft is ideal

### **Private Training Sessions – 1 Hour**

**\$150.00**

**(1-4 people)**

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

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**[www.InspiredwithDonna.com](http://www.InspiredwithDonna.com)**

