



LoeWenBehold

MOVE YOUR *Body* MOVE YOUR *Life*

Testimonials

"SARAH IS ONE OF THE MOST DYNAMIC INDIVIDUALS I HAVE EVER MET. HER GREATEST ASSET IS HER ABILITY TO MOTIVATE PEOPLE. SHE HAS AN INCREDIBLE PASSION FOR LIFE THAT IS INFECTIOUS TO THOSE AROUND HER. SHE IS A GREAT LEADER WITH THE ABILITY TO CONNECT AND INSPIRE THOSE AROUND HER."

- Dave Moran, MBA, Director, Coca Cola Canada

"MY BODY HAS NEVER FELT AS STRONG, FLEXIBLE AND TUCKED AS IT DID WHEN I TOOK SARAH'S CLASSES REGULARLY. SHE IS THE BEST TEACHER."

- Marla Jaeger, RN

"SARAH'S A GREAT LEADER WHO CAN CREATE RESULTS. HER PASSION FOR WELLNESS EXTENDS INTO HER WORK - ENCOURAGING AND ENABLING OTHERS TO SEE MORE WELL-ROUNDED AND SUSTAINABLE POSSIBILITIES. HER ENERGY IS AS CONTAGIOUS AS HER ABILITIES ARE REMARKABLE. BE READY FOR A HEALTHY DOSE OF FUN WITH DELIVERABLES!!"

~ Walt Nicholson, MBA , Enterprise Marketing Senior Advisor at U.S. General Services Administration

" SARAH CONSISTENTLY DEMONSTRATES THE ABILITY TO MOTIVATE PEOPLE OF ALL AGES AND ATHLETIC EXPERIENCE AND FITNESS WITH HER INFECTIOUS ENERGY AND HER DOWN-TO-EARTH MANNER. I'VE REFERRED PEOPLE OF ALL AGES TO HER TO ASSIST IN THEIR ATTEMPTS TO GROW INTO A HEALTHIER LIFESTYLE AND HAVE, GLEEFULLY PARTAKEN IN SOME OF HER FITNESS CLASSES MYSELF."

- Dr. Peter Lake MD, CCFP, FCFP

CONTACT US FOR OUR UP-TO-DATE CLASS SCHEDULE, AVAILABILITY AND PRICE LIST

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LoeWenBehold

MOVE YOUR *Body* MOVE YOUR *Life*

Yoga / Fitness / Pilates / Personal Training / Coaching



At Loewen Behold, we believe Fitness is about so much more than how you look. It's how you live. When you move your *body*, you move your *life*. You go places. Physical activity creates momentum, health and wellness throughout your entire life.

For us providing you with fitness services isn't just a profession, it's a *vocation*.

- boosted immune system
- improved body composition
- increased metabolic rate
- increased back and abdominal strength
- stronger, longer muscles
- improved sleep
- increased muscle tone
- enhanced performance and enjoyment of recreational and sporting activities
- improved posture and alignment
- regained or improved flexibility
- reduction in aches and pains caused by injuries, muscles imbalances and poor posture
- reduced stress and tension
- improved range of motion and ease of movement
- enhanced mood and state of mind

AT LOEWEN BEHOLD THERE IS A DIFFERENCE.

- Our classes are all about you. We strive to provide you with exactly what you need to be the best you can be. We promise a warm welcome, and ongoing support.
- We keep classes very small so we can give you the attention you deserve.
- We're committed to helping you find fun in fitness. We know a healthy dose of the fun factor is what will keep you moving. Plus laughing is a great abdominal workout!
- The quality of our classes and one-on-one sessions is very important to us. We've worked for years to refine our instruction and regularly attend training all over North America so we can bring you up-to-date, well researched techniques as they emerge.
- Our Integration of Yoga, Pilates, Fitness and Coaching ensure you get the best bang for your buck in every single class or session. We draw from a very large toolbox of techniques to ensure you never feel bored or stuck.
- Not a moment is wasted. We only select the most efficient and effective exercises and equipment. We want you to see, and feel, results.
- A body in motion stays in motion. Let us help you create momentum in all areas of your life through physical activity.



Sarah Loewen, BBA, MBA

Sarah is a fitness professional and educator with over twenty years experience teaching classes and training hundreds of fitness professionals in Canada, the US and the Caribbean. She has trained in the

Ashtanga and Iyengar Systems of Yoga as well as the STOTT and Balanced Body methods of Pilates. She is a BCRPA registered Trainer of Fitness Leaders. She has taught extensively at the College and University level in the areas of management, leadership and business. She is studying Human Development at the doctoral level while completing a post graduate certificate in Evidence Based Coaching and integrating this work into her classes and one-and-one sessions. She is best known for her boundless energy, enthusiasm, client centered compassionate approach and unwavering commitment to Fitness as a profession of significance.

We know the benefits of regular *exercise* go far beyond what you can see. But if you want a kick ass workout, we do that too.

"We offer studio style small classes, personal training and coaching, as well as fitness professional training and development courses"

CERTIFICATIONS AND TRAINING COURSES COMPLETED

- BCRPA Trainer of Fitness Leaders
- ACE Personal Trainer
- ACE Lifestyle and Weight Management Consultant
- Ashtanga Yoga Teacher Training
- Power Yoga Teacher Training
- STOTT Pilates Matwork
- Balanced Body Pilates Reformer
- Medical Exercise Specialist
- Medical Exercise Program Director
- Keiser Spin Instructor
- Fitness Kick Kickboxing Instructor
- BC Provincial Instructor Diploma

