



BeFit Body & Mind

Bobbi Misiti, FMCHC

**Functional Medicine Certified
Health Coach**

www.befityoga.com 717/443-1119
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Thursdays at: 3681 Baldwin Avenue G-103 Makawao, HI 96768

Health Coaching Services

A Health Coach meets each person where they are and helps them navigate lifestyle changes slowly with ease adapting and adjusting to each persons likes and dislikes.

Through questions, history, culture, background, likes and dislikes I help you learn how to nourish yourself with wholesome foods.

Yoga & Mind Body Medicine Services

Individualized yoga, breathing, moving and meditation practices custom made for you. This includes a detailed handout for you to take home and continue your practice on your own.

Aromatherapy Homemade Toiletries & Household Products

Remove the chemicals from your life.

Learn how to make clean toiletries and household products that contribute to better health and safer environment.

Learn how to harness the medicinal power of herbs and oils and really use them.

Learn many uses of essential oils and their benefits.

Opening in Maui Special: \$50 / hour

(not including any custom essential oil blends or products. Expires April 30, 2018)

Thursdays at:

3681 Baldwin Avenue G-103 Makawao, HI 96768

Bobbi Misiti, FMCHC is founder of **BeFit Body & Mind**, she has worked independently since 1990 educating and motivating around the world teaching better health through fresh whole foods, plants and herbs, yoga and movement of body, and aromatherapy.

She is a Certified Functional Medicine Health Coach and has had certifications from ACSM (American College of Sports Medicine, H/FI) and was ACE Triple certified (by the American Council on Exercise).

