



Life Enhancement Coaching

If your question is "WHERE THE HECK DID MY MOJO GO-GO?????!!!" or if you are having trouble getting started down a new path, then it's time to approach your world in a whole new way and we are here to help you. At Yoga Lola, we help you identify and carve out the path to travel in order to achieve your dreams and your goals for your career, your health, your emotional self, and your spiritual life!

Become more physically, mentally, and/or emotionally fit and

- Make more time for friends and family
- Find love in all the right places
- Release Weight
- Let the cigarettes go - stop smoking
- Release other addictions
- Release old anger and resentments and fears
- Enjoy life more
- Identify new career goals
- Have richer sexual experiences
- Identify spiritual goals

We want to help you get 100% fit! We can schedule a private one-on-one appointment with you or we can work with you over the phone or through Skype.

Lola has been working with clients for 30 years and assisting them in remembering that happiness and health are their birthright and in realizing their inner potential!

Lola has a BA in Political Philosophy, is a certified life coach, a master holistic healer, an ordained minister, a certified yoga teacher, and a long-time student of the study of the physical, mental, emotional, and spiritual aspects of the human psyche and condition. She is a Spencer Institute trained Life Coach.

