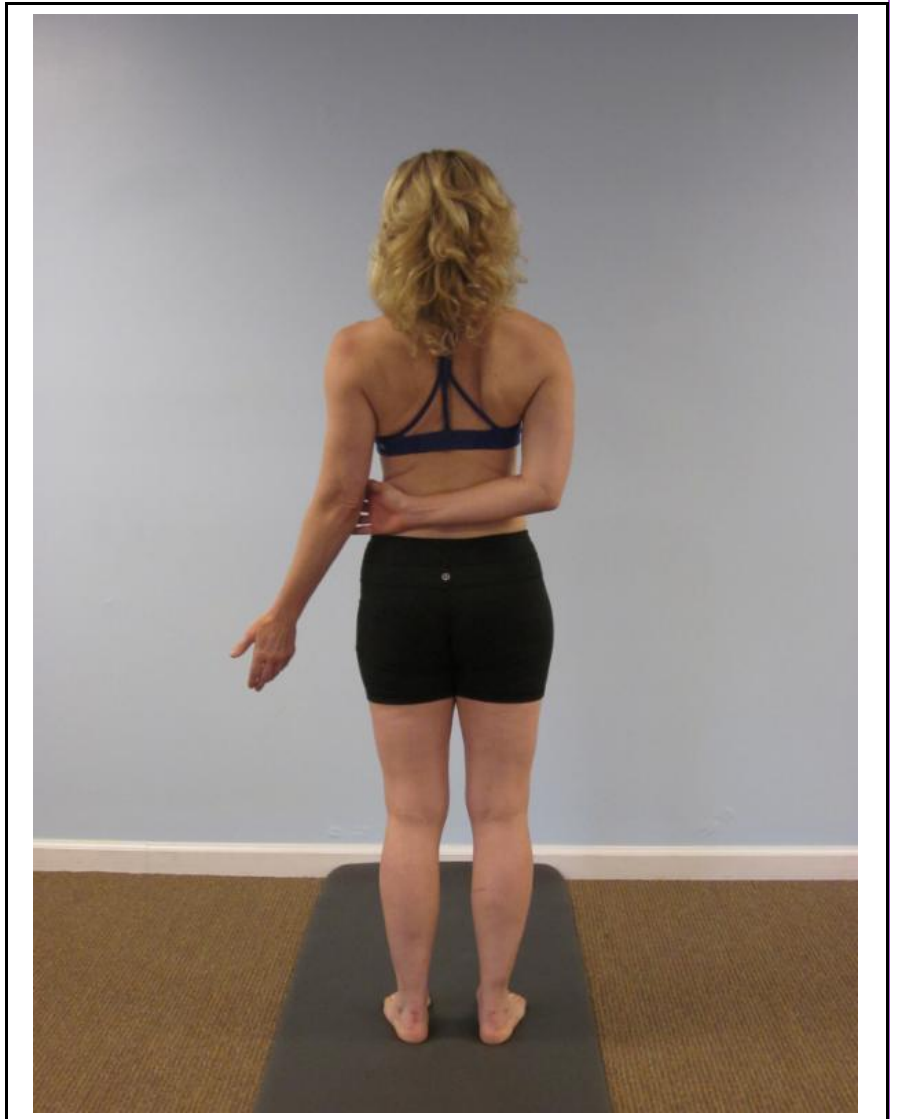


INFRASTRUCTURED

Making your life your workout

November 2016

SHE'S BACK!



Self-Repair Series

EXCITING OFFER:
Next Stage of Spiraling!

Ten-Week Class Series
Beginning November

~ Reshaping The Institute ~

**Michele Diseati is back in the
Infrastructure Institute!**

2016

**Schedule 1-hour
Biomechanical Assessment**

—
**Request the 1-hour time slot
most convenient for you**

—
**Classes may be just for you, or
share it! (up to 3 others)**

—
**Stay open, Untangle your
kinks, and Rebuild your
weakest links!**

Please contact us to schedule a one-on-one assessment with Michele in order to join the best Class Series for you!

We look forward to regenerating with you!

Michele Diseati

Michele Diseati, AADP
Kinesiotherapist

Spiral away the day with your healing ways!

**Schedule
Your Series**

Reboot U Series:

~ 60 minutes of stabilizing exercises that align nerves from the brain to the body
~ By the end of 10-week series, efficient muscle memory will be reset
~ Energizing movement patterns reset all the right moves & best habits
~ With practice, these exercises restore metabolism for life!

Clean&Lean Series:

~ 60 minutes of challenging exercises that develop length, strength, stability, & fluid muscle memory
~ Learn to let go of old habits
~ Reset your digestive, lymph systems & "Kid" capacity!
~ High-intensity interval re-training utilizing: Fuel reports, Balance tools, Kickboxing targets & Yoga power-infused workouts ~ This method guarantees measurable results!

DoTERRA Essential Oils

Basic Self-Repair Kit

Three included oils:

Lemon
Lavender
Peppermint

[Click to View!](#)

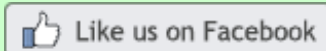
These oils are very common and worlds of help on a daily basis!

Lemon oil smells fantastic and is great for cleaning everything! It is also used to lower blood pressure, help with liver problems, arthritis, muscle aches & pains.

Lavender is extremely calming - to our senses, as well as our skin! It provides amazing relief for blisters, dry skin, and diaper rash. It promotes restorative sleep and body systems balance.

Peppermint is used for almost instantaneous relief of sinus pressure, headaches, and itchy noses and eyes due to allergic reactions. This oil soothes common indigestion and Morning Sickness, as it is also safe to ingest in small doses.

To purchase a Starter Kit, just ask us!



Infrastructured Institute 4701 Randolph Road, Suite 208 Rockville, MD 20852

michele@infrastructured.com; 301-230-3131

Copyright © 2014. Infrastructured Institute All Rights Reserved.