

Kimberly Dove, M.Ed.
Owner/Founder, Bella Vita, LLC
Living Life Well at Any Age

Specialty Yoga Life and Wellness Coaching Personal Training

AAAI/ISMA Master Trainer. AAAI/ISMA Life and Wellness Coach.
Registered yoga teacher, Yoga Alliance, RYT 200, focusing on therapeutic applications and benefits of yoga. Certified yoga instructor to children with special needs. M.Ed. in Human Development. Educator. Lecturer.
30 years of professional experience.

Offering services virtually or in person by appointment only.

276.206.3709

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***The hardest part of the journey is accepting that you are worthy of the trip!
Don't look back! The best is yet to come!***

Services

- ❖ 1 Hour Initial Wellness Consultation; includes Health and Fitness Assessment. - \$60. During the initial consultation, health history, service options and goals will be discussed. \$20 will be credited towards the purchase of any additional services listed below.
- ❖ Personal coaching and training sessions. A variety of services may be chosen from the following menu:

**Life and wellness coaching / Specialty yoga / Strength training /
Pilates Cardiovascular exercise / Sports-specific training / Nutrition counseling**

Upon the purchase of a number of service hours, each client will receive a customized program, instruction, educational resources and one-on-one accountability. Regardless of age, ability, health history or experience, achievable goals will be set and monitored to improve overall health and wellbeing.

Call or email for detailed pricing information. Affordable monthly retainer for services, and additional options available. We accept checks and all major credit cards.

