



About Inner Fitness

Inner Fitness teaches strategies and skills for authentic living through the integration of yoga, hypnotherapy and spiritual counseling. It is with deep sensitivity and power, that Rev. Dr. Louise-Diana works to facilitate healing and empowerment for individuals, communities, small businesses and corporations. Custom-tailored programs can consist of private sessions, motivational lectures, corporate seminars and healing retreats all of which support the paradigm of bringing people closer to their personal path while meeting the challenge of complex lives. In the process, they gain clarity, implement change and start experiencing individual and workplace effectiveness.



Rev. Dr. Louise-Diana

Meet Rev. Dr. Louise Diana

As the creator of the personal growth concept Inner Fitness, Dr. Louise-Diana is a yoga therapist, a certified clinical hypnotherapist and an ordained Science of Mind Minister. She has over 25 years of experience in helping people transform their lives, control stress and achieve balance and harmony.

Louise-Diana's unique way of helping individuals transcend their self-imposed limitations has motivated thousands to honor their ideal life that reflects their dreams and values. She is recognized internationally for her work on issues of health and consciousness.

Notable Achievements

- 1989-1997 Publisher 'New Woman Spirit' Magazine
- 1992 Entrepreneur of the Year, Inc. Magazine
- 1998 Woman of the Year - National Association of Business Women Owners
- 1998 Special Recognition Award, 12th International Hypnotherapy Conference
- 1999 Board of Directors, Beverly Hills Chamber of Commerce
- 1999 Author of 'Seeds of Consciousness', *DeVorss Publications*
- 2001 Ordained Minister, Church of Religious Science (Science of Mind)
- 2002 Doctorate of Religious Studies

Professional Affiliations



Inner Fitness

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