



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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www.innerfitness.com

Most Requested Lectures & Workshops

- Finding and Following an Authentic Life
- Alleviating Stress in Fragile Times
- Full Esteem Ahead
- Stress Relief - Turning Stress into Success
- Self-Hypnosis for Deep Relaxation and Mind-Body Healing
- Change – Growing Through the Transitions of Life
- 10 keys to Y.O.G.A. (Your Own Greater Awareness)
- The Art of Joyful Living
- A Women's Way of Power
- Reconnecting Work and the Human Spirit: The Power of Passionate Work
- Finding Inner Fitness: Personal and Professional Balance



Rev. Dr. Louise-Diana

Partial List of Clients

Alcoholism Center for Women, Cedars-Sinai Medical Group, City of Hope, The Club at MGM Plaza, DDB Needham Advertising, Darren Star Productions, Lawry's the Prime Rib Restaurant, The Learning Annex, McMillan & Company, Muir Environmental Products, Environmental Products, National Productions, Inc., Palm Court Residential, Pepperdine University, Princess Cruise Line, Santa Monica Chamber of Commerce, Southern CA Dental Association, Step Up Women's Network, Well & Company, Women Entrepreneurs' Network, Wright Center for Progressive Therapies, and many more.

Call now to book
Rev. Dr. Louise-Diana
For your next meeting or seminar!
310.840.2253

What Clients are Saying

"Louise-Diana brings years of experience in yoga, meditation and holistic arts to deliver a truly profound experience. Louise-Diana is the uber-yogi of LA!"

Darren Star, Creator of "Sex in the City"

"I have only the highest regard for her ability.... She is warm, caring and very importantly...fun!"

Susan Jeffers, Ph.D., author, Feel the Fear and Do it Anyway

"Our sales representatives have not stopped talking about you! They loved you! We have seen an increase in productivity and generally many more positive attitudes since your seminar. You also brought to light the important issue of spirituality and love in work."

Mary Lee, Earth Tribe International

"By presenting at our campus, you greatly contributed to our mission by bringing a unique component to the Wellness Program and to the Pepperdine community. You truly impacted those who attended."

Jennifer Guellich, Director

Wellness Programs, Pepperdine University

"Many attendees told me how much they learned and gained from your presentations. The best things I can say about you is you make anyone who books you look like a genius!"

Carol A. Davis, Esq., President, City of Hope

"Louise-Diana's expertise and skills together with her integrity as a professional contributed in an important and significant way to the success and power of our conference".

Association for Women in Psychology

"The feedback on the talk you gave has been wonderful. Many members have approached me and said how inspired they were by your words."

**Patricia Johnson, President
NAWBO-LA**

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