

INTRODUCING ESSENTRICS

VERO MODA LOVES THIS AMAZING WORK-OUT THAT CHANGES YOUR FIGURE AFTER JUST THREE CLASSES!

Essentrics was created in Montreal by Miranda Esmonde-White over 20 years ago. Her technique has helped Olympic and professional athletes excel and the general population achieve their fitness goals.

Miranda began her career as a professional ballet dancer and developed the method through her expertise. Her Co-developer of the Essentrics™ program is also her daughter Shara Esmonde-White. She has produced over 150 fitness television shows and fitness DVDs sold throughout the USA and Canada.

ESSENTRICS IS...

a unique method that will rapidly change the shape of your body through a dynamic and fluid combination of strengthening and stretching.

It will help you develop long, lean, strong and flexible muscles with immediate changes to your posture.

Essentrics leaves you feeling energized, positive and healthy.

THE NEW HOLLYWOOD WORK-OUT...

World famous model/actress Lily Cole claims ESSENTRICS as her favorite workout!

ESSENTRICS STUDIO

3437 Stanley - Montreal, Qc H3A 1S2 - 514-086-0238 - www.essentricstudio.com



TREAT YOURSELF TO HEALTH



MIRANDA ESMONDE-WHITE (VERO MODA)

ESSENTRICS also holds 3 fitness retreats a year, where you can make friends, learn about wellness, train with ESSENTRICS every day either to kick start your routine or improve on your current exercise plan, then relax and have a great time!

The retreats are held 3 times a year at the Iberostar resorts in Jamaica, Mexico and "chez nous" at Le Spa Eastman.

VERO MODA thinks this is a great gift idea that you can ask for or treat yourself to! The retreats are also ideal to offer as a corporate getaway or gift too.



SHARA ESMONDE-WHITE

ESSENTRICS IN EUROPE



DANIELLE DE WILDT

WWW.ESSENTRICS.COM

"There are many people like me out there, who are looking for a way to get back in shape and feel positive and healthy again. I found Essentrics and it changed my life."
-Danielle De Wildt

EUROPE'S FAVORITE NEW WORKOUT IS FROM QUÉBEC!

Essentrics is gaining popularity in the UK and other parts of Europe. Danielle de Wildt is the head of the European offices sharing this wonderful program with our fans in the EU.

HOW BIOGRAPHY DANIELLE:

With a background in both sports and marketing, Danielle de Wildt is the head of Essentrics in Europe. While working at the headquarters of world's largest cosmetics company in Paris and experiencing pain in her body from running and sedentary office work, Danielle discovered Essentrics while on a fitness holiday in Mexico.

"How did you get involved?"

I was 27 and I had been suffering from aches and pains in my shoulders and knees for years. Doctors said it was all part of aging! I then discovered this technique, began doing DVDs of only 25 minutes 3 times a week and my entire body changed. My pain and long term aches, I was out!

"What has the reaction been?"

Essentrics is still very new in Europe, but the classes and DVDs are very popular. People love the way their bodies feel during and after the workout. They leave class energized and standing straight.