

Looking for an adventure that could change your life...
forever?
Ever dreamed of hiking the Inca Trail to Machu Picchu?!

Now's your chance!
Coming in the Summer of 2010!

State of the Heart Fitness
is excited to announce
an amazing outdoor adventure vacation that truly
encompasses the body-mind-spirit connection

We are venturing to Peru to hike
the Inca Trail & visit the Lost City of the Incas –
Machu Picchu!



*This is a once-in-a-lifetime experience &
YOU could be there with us!*

More details (dates, cost, itinerary, etc.) are coming this month.
Stay tuned!

Please email Lisa at Lisa@stateoftheheartfitness.com if you are
interested to learn more!

*Note: Space is limited to 10 people. If this is something you are seriously
interested in, we want you with us. This will include a 6 month training
program to get you ready for an experience that will take your breath away!*

