



2012 was a wonderful year for the i spa Health Studio team. We embraced new challenges and were privileged to guide many new clients on their way to better health and wellness. Some of our highlights were:

***We Stretched Our Bodies***

We started Yoga on Saturday mornings with the very experienced, kind, and springy [Doug Warner](#)

By keeping classes small so each student could have individual attention, Doug achieved a deeper level of teaching and health improvement. We feel stronger and more grounded than ever thanks to Doug.

***We Practiced Giving***

We supported our community by donating time and monetary contributions to Nurses with a Mission, Circus McGurkus, Cardio Start, Suncoast Hospice, and the St. Petersburg Free Clinic.

***We Welcomed a New Team Member***

In February of 2012 [Dr. April M. Jackson](#), Licensed Psychologist, joined the i spa Health Studio team. Why have a psychologist on staff? Because stress and emotional trauma can be underlying causes of physical pain, injury, and weight issues. She is a perfect addition to the full circle of wellness we offer to our patients.

Dr. Jackson meets her client's needs with a calming, holistic approach to integrating mind, body, and spirit while helping them sort through the problems of life.

***We Sponsored Wellness Events***

In October, we were delighted to partner with VisibleMed to provide Breast Cancer Ultrasound Screenings. This is painless, convenient, and medically sound test does not require a prescription. The ultrasound screening is comfortable (no squeezing!) and can detect cysts or cancers that cannot be found by mammography or physical exams. Mammograms are an

important part of prevention, but sometimes they are not enough, particularly in women with dense breasts and implants.

### ***We Practiced What We Preached***

The biggest breakthrough of the year was the addition of the Ideal Protein Weight Loss Protocol as an i spa service. After long, dutiful research, the i spa team chose the [Ideal Protein](#) program due to its 25 years of documented success, grounded scientific research, and an impressive success rate without the use of drugs.

The team, the entire team, started the program. Team members dropped five or more sizes in less than six months. Most importantly, they did it in a healthy manner following the easy to follow Ideal Protein protocols and eating satisfying meals every day. Nine months later, every team member has maintained their weight loss and new slim figures.

### ***Let's Get Well Together***

In 2013, we invite you to visit us and tap into the amazing health transformations taking place at i spa Health Studio. Not sure when to drop by? How about joining us at 6pm on Wednesday, January 9th for a [free weight loss seminar](#) .

This is a fun, interactive time in which we teach powerful nutritional facts, eat some yummy food, and share our Ideal Protein success stories. Call 727.386.4004 to reserve your spot. We will be delighted to have you join us.

### ***Thank You 2012***

As the year closes, our primary emotion is gratitude. Our practice is thriving and changing lives by sharing wellness with others. Our families are growing and we, thanks to Yoga and Ideal Protein, are shrinking! We celebrate the highlights of 2012 and very much look forward to sharing even greater wellness and healing in 2013.

What was the best part of your 2012? Use the comments section below to share your deep, funny, or even silly 2012 story. We'd love to hear from you!