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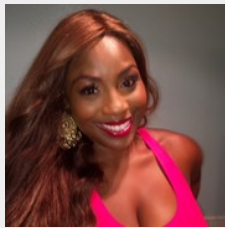
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LA Dance Fitness Examiner

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IntenSati: 800 Calorie Fat Burner That Strengthens Your Mind, Body and Spirit.

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LIFE HIGHLIGHTS



If you're anything like me, chances are you've tried a number of things to help jump start clean living. Diets, detox and a fast that left me and my sister arguing over who ate a grape.

You have many options for ridding your body of toxins and losing weight and one is called [IntenSati](#). A motivational workout that fuses dance with martial arts, [yoga](#) and strength conditioning.

Positive [affirmations](#) lift you, while upbeat music moves you, powering you through a heart thumping workout. Each class burns up to 800 calories and the choreography is simple.

Created by fitness expert and motivational speaker [Patricia Moreno](#), her book [The IntenSati Method: 7 Secret Principles to Thinner Peace](#) is a great guide for anyone looking to overcome issues with body weight, self image, diets and more.

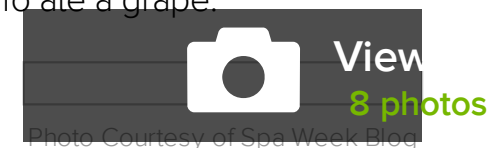
Her students see results fast, and her sister Denise Ramirez, lost 160 pounds. She has also gained [fans](#) in [talk show hosts](#), magazines and supermodel [Iman](#).

Some say IntenSati will [change your life](#).

Who wouldn't want to workout after hearing that?

Now that you know there's another way to recharge your mind, body and spirit, aren't you ready to check out IntenSati today?

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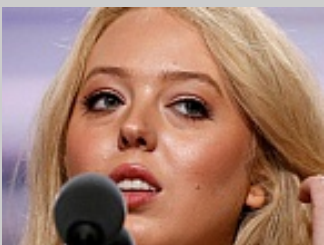
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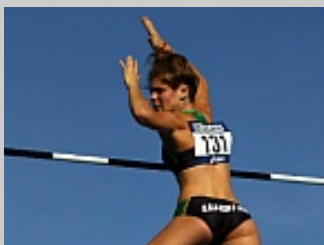
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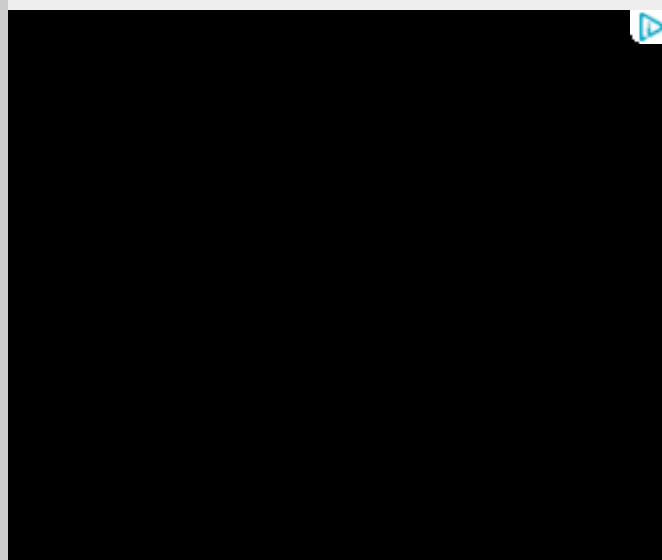
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