



The 10 Minute Workout A Self Slimming Massage for a Shapely Body

By Liza T. H. Yogi

Larry\Czerwonka#Company, The. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.5in. x 5.5in. x 0.1in. My name is Liza T. H. Yogi, a Realtor for over 20 years and a Producer of Musical and Artistic Events. After having given birth to three children, I developed layers of fat on my upper and lower abdomen like most mothers that I know. Since I was not one to go to the gym and exercise, I was overweight and lacked the shape and form that I would ideally have like to have had. So on time when I was in the Philippines I meet this lady, who did Slimming Massages. The pain was almost unbearable but because I was too lazy to do regular exercises, I did this instead every other day. It was very effective! She managed to remove the excess fat on my stomach within a month. However, when I returned to Hawaii, I was back to my old habits of not doing any exercise which resulted in me reacquiring the same layered look. When I produced the Womens World Festival of 2008 at the Hawaii Convention Center, there were many pictures taken of me. To my disappointment, the dress I wore...



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