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***Sugi Health and Fitness* to Offer Unique Fitness-Yoga-Bodywork School**

Pleasant Hill, CA – Beginning in September, aspiring teachers and students interested in building a career in the field of health, wellness and fitness will have an opportunity to enroll in the new ***Sugi School of Health and Fitness***.

The ***Sugi School of Health and Fitness*** blends several proven disciplines of bodywork and massage, yoga, Tai chi gong and fitness training that when combined provides a large variety of tools for practitioners to create and teach a healthy lifestyle.

“Our students have been telling us that this type of school is well overdue,” says Amy Erez, Executive Director of Sugi School of Health and Fitness. “Not only is the combination of programs unique, but it will offer a strong business education component so practitioners will know how to transform their practice into a successful business.”

Unlike many vocational schools, the School’s programs will be offered in a closed versus module format so that students can build a support system of colleagues as they learn and fine tune their new skills. The training programs range from 300-600 hours in length with classes taking place on one weekend per month for as many as 18 months. Graduates will receive a Certificate of Completion which will allow them to begin work and build careers in their program focus.

The School is the brainchild of Amy and Ofer Erez, co-owners of ***Sugi Health and Fitness***, which offers personal fitness training, yoga, tai chi,

Feldenkrais® and more to Pleasant Hill, Walnut Creek and other East Bay communities. All classes, workshops, private sessions and special events are taught with the underlying principle that by replacing effort with skill, anyone can improve their health and physical fitness.

“People may take these programs for a variety of reasons – a new career, learning new wellness skills to care of others or oneself, curiosity – but regardless of reason, it is life changing,” Amy explains, adding that too often health practitioners get so invested in administering to others, they forget about themselves.

“We need to do anything we can to make sure our trained health professionals don’t get burned out, so we spend time teaching them how to take care of themselves as well as others.”